

Sheila D. Brown

AUTHOR & SPEAKER



SHEILA BROWN *speaks*



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A passionate motivator, Sheila takes listeners on her intense journey with her weight loss struggles and triumphs. Confronting her own issues with food and spirituality forced her to address the anxieties and issues she had in her own life. Sheila speaks to the unique challenges facing women of African descent, helping them to identify and address their own anxieties and issues associated with food and their bodies.

Contact & Booking



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"Sometimes Raw, Sometimes Cooked, Always Divinely Prepared"

Author, Speaker and Personal Health Consultant, Sheila Brown has written a cookbook full of tasty, life-affirming recipes that will have many sisters wondering why they haven't eaten like this before now. Her vegan, gluten-free, nutrient-dense recipes are packed with flavor!



"Divine health is the state of being in excellent physical condition, possessing a sound mind, and experiencing spiritual balance. I hope you will join me on the journey."

Sheila





SPEAKING

Sheila shares her journey and motivates other African women and their families to eat plant-based foods as a way of life through speaking about:

- Divine Health
- Divine Relationships
- Divine Parenting
- Divine Wealth & Resourcefulness
- How and Why to Develop a Personal Strategic & Health Plan

PROGRAMS

The Divine Health Program

Get ready to change your life one plate of food at time! Yes, with the Journey To Divine Health Program, you will develop a 2-year strategic plan, acquire life-affirming skills, make a mindset shift, and establish your own health goals. You will master your emotional body and gain courage, resolve and discipline necessary to lose weight, detox, and stay on your journey well after the 2 year plan.

Sankofa Rising Program

Sankofa Rising addresses the aspect of Divine Health that deals with the relationships that women of African descent (WOAD) have in connection to their family, community, and God.

