



*Shannon*



*2 Girls and Plants*  
NOURISHING INSIDE AND OUT



*Adrienne*

**Title: Whole Foods Plant Based Living from the Inside and Out**

**Names:** Shannon Summers and Adrienne Kraig

**Affiliation:** 2 Girls and Plants Podcast, Shannon Summers Coaching; Albuquerque, NM 87113, LifeCanyon Ltd; Independence, OH 44131

#### **INTRODUCTION:**

Receiving news from a doctor that your health is not well can be devastating to a person. Typically, you are given medication(s), a small print out with a couple of paragraphs describing the condition and some changes you can make. You then return for a follow up in 6-12 months. That is a long time for a patient to wait to receive feedback on their healing and recovery. If you are not a Physician, a Nurse, or Health Practitioner, this news can be overwhelming and even devastating. Diagnoses may include Autoimmune diseases, Heart Disease, sky high Cholesterol, Obesity, Binge Eating, Diabetes, Depression, Anxiety, Cancer or other Lifestyle illnesses. The Longevity challenges we face as we age are endless. Certified Health Coaching is a wonderful and supportive way to bridge the gap for both Health Care Providers and Patients. It cuts down on frustration for both parties and has proven extraordinarily successful for improved health and reduced symptoms. Individuals have options when it comes to how we handle our diagnosis or health conditions moving forward. We have the choice to be our own advocate and take control when it comes to our health. We can participate and be proactive. We are no longer defined by our diagnosis. Health care does not stop the moment we leave the doctor's office. As individuals, we need to own our power and take responsibility for our health. Certified Health Coaching is the support system that helps fill the gaps and enables us to accept accountability for our healing and quality of life.

**AIM:**

- Participants will explore the relationship between diagnosis and supportive Health Coaching.
- Participants will identify their power in being their own health advocate and options for supporting oneself with Lifestyle modification.
- Participants will explore what a Whole Foods Plant Based way of living can provide to them as an individual and for their family.

**MATERIALS AND METHODS:**

What is a person to do when leaving a Medical Practitioners office with either a new diagnosis or one that they have had for years without making any progress? What is a Health Care Practitioner to do when they see a new patient or an existing patient not being proactive or partnering in their health care and following the recommended health plan? This can be a tough situation to be in for patients and Practitioners alike. Certified Health Coaching is a valuable partnership on both ends.

If you need to make a change to simply improve your health or you need support while you navigate a new or existing diagnosis, you do not have to do it alone. If you are a Health Practitioner wanting a support system for your clients, you can guide their health care plan beyond their office visits. There are wonderful benefits to gain from having a Certified Health Coach to add to your arsenal. As Health Coaches, we have the time to uncover deeper issues that may arise and help clients work through and navigate tricky moments that can create a setback that lasts for months. We have a variety of Coaching packages offered between 3- and 6-months' time and would love to be a part of that healing from the inside and out, which is a win for everyone!

**CONCLUSIONS:**

Health Coaching is a phenomenal system for individuals looking for ongoing support and for Health Care Practitioners looking to bridge the gap between patient visits. We are no longer limited to struggling with our diagnosis and can better serve our health looking at the whole picture and being proactive.

**KEYWORDS:**

Health Coach, Whole Foods Plant Based, Holistic, Podcast, Weight Loss, Autoimmune, Blogger.

## **BIOGRAPHY:**

**Shannon Summers and Adrienne Kraig** are Certified Health, Transformational, and Lifestyle Mastery Coaches with a passion for Whole Foods Plant Based living and a Holistic approach to one's health and lifestyle.

**Shannon Summers'** private coaching practice, **Shannon Summers Coaching**, focuses on helping clients who desire a transition to a Whole Foods Plant Based way of eating, make that transition successfully. She is deeply passionate about the power and effects it can have on one's health. Shannon's journey with Autoimmune has been the inspiration behind her coaching practice. She loves seeing how a WFPB lifestyle can make the difference when it comes to the quality of life her clients lead. Shannon Summers is also a Blogger and loves sharing all things Autoimmune, Longevity, Food, and Life on her Blog, **Plantiful Summers**.

**Adrienne Kraig's** private coaching practice, **LifeCanyon Ltd**, focuses on a Holistic approach to achieving a healthy weight and body confidence, through courage and accountability. She provides support with Emotional Eating and the lifestyle changes needed to create the fit life her client's desire. Adrienne's personal journey with weight loss and emotional eating has inspired her passion for helping women become the best version of themselves when it comes to their health and making their journey easier. She is also the author of her own Blog, **The Healthy Life Journal**, for all things health.

Shannon Summers and Adrienne Kraig co-host the podcast, **2 Girls and Plants**, their focus is on nourishing oneself inside and out. The podcast is a casual, fun opportunity to talk all things health, WFPB, and making nourishing lifestyle changes important for everyone's personalized health journey. The two Coaches enjoy inspiring others, sharing their stories, and having guest speakers join them. All while helping to educate others.