

JULIE WARD

Food Alchemist



Julie invites people to approach health differently.

As a 100% plant-based, certified ACE health coach, Julie's passion for plants enlivens her presentations. She helps listeners connect with the concept of a new food lifestyle. Combining her culinary wizardry with 25 years of research and personal experience, Julie demonstrates how food can be simple, fun, delectable, soulful and above-all, healing.

Her wealth of firsthand experience makes her presentations personal and inspiring. As an international health speaker who overcame her own digestive issues and depression using food as medicine, Julie gives hope to those facing chronic health challenges. Educating people about how we can nurture our digestive systems stands at the forefront of her work.

Emphasizing the interconnectedness of our health, Julie challenges people to connect their mental, physical and spiritual experiences. She dives into difficult-to-tackle health concerns people face, such as, "What if I've tried everything already?", "How can I trust myself to follow through?", or "I'm afraid to give up what I like to eat most."

Her presentations provide participants with a foundation of understanding and knowledge that empowers listeners to make better health choices, connect with their food, boost energy, and improve mental clarity.

Julie created Fresh Food Alchemy as a life-long culmination pooling her extensive research and experience into a plant-based brand that delivers a healthier way of eating. Fresh Food Alchemy promotes the vision that food should be made to support the mind and body, without compromising taste. By approaching food in the right way, everyone can restore and enjoy health, prevent major illnesses and savor tasty, easy-to-prepare meals.



Certification

Julie holds a certificate in Plant-Based Nutrition from eCornell, a Masters in Public Policy from USC and a B.S. in Mathematics from Spelman College. She is also a Plant-Based Chef, certified ACE Health Coach, and an herbalist student at East West School of Planetary Herbology.

Contact

Julie@FreshFoodAlchemy.com
310.880.0165
@FreshFoodAlchemy
FreshFoodAlchemy.com