



**LEARN MORE ABOUT
YOUR VEGAN
TRANSITION & WOMENS
WELLNESS/PLANT -
NUTRITION COACH
NATALEE:**

I've been blessed to initiate and maintain two life changing, 100% self-love & care motivated life events that have guided me to realize & pursue my Purpose, Passion & Calling to Educate, Elevate & Connect with Women

looking to do the same holistically & naturally!

1st Life Change: 2015 Loosing 190 lbs. all natural

I was always overweight for my age from ages 6-22. At my biggest I weighed more than my then, 58 year old mother. At 22 I was over 325 lbs. I desired a change that I could not see or touch at the time. When I have my mind & heart set on something: I do it. School, Work or personal goals.

I've learned you can have excuses or results. But you can't have both.

2015- 190lbs. All Natural Weight Loss & PRE-VEGAN 🌱

🚫 No surgeries

🚫 No workout routines or crazy fitness

🚫 No waist trainers

📺 NYE 2016 Interviewed & Feat. In PEOPLE'S magazine's "Half Their Size Story" for myself motivated & sustained natural weight loss journey.



CREDIT: NATALEE EASON; REMINISCE PHOTOGRAPHY

NATALEE EASON

Weight lost: 190 lbs.

Her weight loss journey: After peaking at 310 lbs., Eason "knew I wanted and needed to make a change," she says. She

[The Struggle After Major Weight Loss from 2015-2020](#)

After losing over 190 lbs I was a size I had *never* experienced or seen myself. Mentally & physically, it was a struggle. Externally (Society) & Internally (teaching myself to move and dance again, etc) it was a struggle.

Considering 80% of how you lose, gain, or maintain weight is in your diet & 20% is fitness:

I struggled with my weight alternating between 60-95 lbs weight gains, while still on a meat & dairy diet. Having lost over 190 lbs. through restricting my then diet of meat & dairy & not working out: I struggled with a mental fear of the scale tipping "too far right" or "going back." I felt like more of a spectator to my body, mental health, period & overall health rather than in control with "how big I got" or where.

2nd Life Change: 2020 Discovering Plant Based Living & Nutrition

🌱 I went vegan overnight, literally ([MY VEGAN JOURNEY OVERNIGHT! THE HOW & WHY! GO VEGAN FOR PERSONAL HEALTH, GLOBAL WARMING & MORE!](#)) & began embarking on my own life Journey to:

Educate myself on the Social, Environmental & Health Aspects of Human Health Nutrition & Wellness.

Elevate my own Awareness of The Cultural aspect of one's food choice, health disparities & psychology.

Connect with my Power, Humanity and Planet.

♥ Going through 2 dramatic & sustained Physical & Mental Life Changes - I can honestly say I have lived two lives. In the two lives I've lived, I've experienced:

- ☐ Being Desexualized as a "big girl" by Men, Friends & Social Media
- ☐ Being Sexualized as a "small girl" by Men, Friends & Social Media
- ☐ Fat Shaming by Society, Family, Friends, Coworkers, & Social Media
- ☐ Skinny Shaming by Society, Family, Friends, Coworkers, & Social Media

The Cultural Aspect of Food & Health:

♥ Growing up I believed I was just naturally "big boned" as many of my Black Queens are told. This couldn't be further from the truth and is specific to Black Culture.

♥ My self-love and curiosity to become MY standard of beauty, not the impossible/unrealistic standard of Beauty defined by Society. My self-love for myself is what fueled my weight loss journey & Vegan Journey & sustained it. I didn't lose weight because I thought I was ugly, I just wanted to be a healthier version of myself, because I've learned that in itself *is the practice of self-love & self-care.*

♥ ***Alas it is true—all transformation starts from within & radiates out.***

I look forward to:

Educating

Elevating

Connecting

WITH YOU QUEEN!



Sincerely,

*Ms. Plant Fed Peach, Vegan Transition & Women's Wellness
& Plant Nutrition Coach*