

## About the Author

Affectionately dubbed the Erin Brockovich of food by her enthusiasts, Kelly Hayford, C.N.C., is on a mission to help people eat better. She delivers the truth about our popular food culture and the devastation it is causing in bite-sized portions the average person can easily swallow, then dishes out no-nonsense nutritional information and practical solutions, which is what people are really hungry for.



Inspired by the successful navigation of her own healing journey, Kelly Hayford is a nutrition and health coach, author, speaker, and healthy lifestyle educator. She has over 16 years experience in the holistic healthcare field and is certified as a nutritional consultant, herbalist, and coach.

As a recovered junk-food junkie formerly in a state of chronic *dis-ease*, Kelly knows what it takes to get from where you are to where you want to be when it comes to diet and health issues. She is committed to helping others achieve optimal health and well-being so that they too can experience a second chance at life. She does this through her *Food Fitness by Phone* healthy eating teleconference programs, in-person lectures, and workshops. Taking a truly holistic approach to healing, Kelly teaches people how to incorporate a combination of nutrition and lifestyle changes, whole food supplements, and cleansing protocols to reverse *dis-ease*, restore health and energy, and successfully navigate their own healing journey.

In addition to her experience in the holistic healthcare field, Kelly holds a Master's degree from the University of Chicago in Cultural Geography; has served as a Peace Corps volunteer in Morocco (TEFL); and has formal training and experience in elementary education. She also continues advanced study in the areas of body-mind healing, nutrition and natural healthcare.

Kelly is a passionate and dynamic speaker. She is available for lectures, workshops and interviews both locally and nationally. For more information, please contact:

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