



Wellness Enlightenment

Empowering you to make simple choices to create a healthier lifestyle.



Kim Kane, Holistic Health Coach

As a Holistic Health Coach, Kim Kane's mission is to help others bring balance back into their lives by empowering them to make simple healthy, nutritional and lifestyle choices.

Kim received her training as a Health Coach from the Institute for Integrative Nutrition's cutting-edge Health Coach Training Program.

Kim studied over 100 dietary theories, practical lifestyle management techniques and innovative coaching methods with some of the world's top health and wellness experts. Her teachers included Dr. Andrew Weil, Director of the Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, Director of Yale University's Prevention Research Center; Dr. Walter Willett, Chair of Nutrition at Harvard University; Geneen Roth, bestselling author and expert on emotional eating; and many other leading researchers and nutrition authorities.

Kim's education has equipped her with extensive knowledge in holistic nutrition, health coaching, and preventative health. Drawing on these skills and her knowledge of different dietary theories, she works with clients to help them make lifestyle changes that produce real and lasting results.

In addition, Kim has a Bachelors Degree in Exercise Physiology and over 20 years experience in the fitness industry as a fitness instructor and personal trainer as well as 6 years in the corporate fitness industry.

Her passion for health and wellness began when she was 19 years old. She has spent her entire life continuously learning and evolving into the healthiest and most balanced version of herself today.

KEYNOTE TOPICS

Knowledge IS Power

- Why living a healthy lifestyle matters both in the short and long term
- The nutritional value of conventionally grown produce and "farm" to table process
- Tips to navigate the grocery store in a healthy way
- GMO: What are they and why should we care about them?
- How processed foods & additives cause internal inflammation to our bodies
- Resources to combat SAD (Standard American Diet) and how to make changes easily

Internal Inflammation

- "The Secret Killer" according to a TIME magazine article
- Focusing on food and lifestyle, an in-depth look at the causes
- How it affects our bodies
- What are the consequences if we ignore it

GMO's (Genetically Modified Organisms)

- An in-depth look at GMO's
- How to recognize which foods generally contain them
- How they affect our bodies

More Keynote Topics on Page 2

Book Kim for your next event:

949.698.2881

Kim@WellnessEnlightenment.com

www.WellnessEnlightenment.com



Wellness Enlightenment

Empowering you to make simple choices to create a healthier lifestyle.



Kim Kane, Holistic Health Coach

TESTIMONIALS

"Kim takes wellness to the next level by teaching you how to de-stress and the importance of taking time for yourself; a key component I have found to be missing with other health coaches... I have more energy and have walked away with stress busting tools... that are now a cornerstone for my healthy lifestyle." - **Stephanie J.**

"The bottom line is Kim knows her stuff! Kim has been and continues to be at the cutting edge of her craft and allows others to tap into the knowledge with compassion, a gentle nature and no judgements. Kim's words are encouraging yet firm and your teaching is factual, yet flexible."
- **Tracy G.**

"Kim is so knowledgeable and helpful! I can't stress that enough! She has made such an impact in my life!"
- **Melissa S.**

PARTIAL SPEAKING LIST

Lucy Activewear - Corona Del Mar
Grace Fellowship Church - Blessing's Group
Halecrest Swim and Tennis Club
Various Women's Groups
Tele-Conference Workshops

Book Kim for your next event:

949.698.2881

Kim@WellnessEnlightenment.com

www.WellnessEnlightenment.com

MORE KEYNOTE TOPICS

How Food & Lifestyle Affects Our Bodies in Positive vs. Negative Ways

- Brain Boosting vs. Brain Fog Foods
- Eating Clean vs. SAD
- Energizing your Breakfast vs. Beginning your Day with a Drain
- Stress: It's more detrimental than eating a poor diet. Learn Stress Management Tools
- Sleep: Why getting enough matters
- To Cleanse or Not to Cleanse
- Digestion and Weight Loss: It's NOT about Deprivation

Young Families: Giving Your Children the Gift of Health From the Womb

Ways to begin your child's healthy habits from before conception, during pregnancy and infancy through childhood.

Gluten: What is the Big Deal and Why is It a Problem Now vs. 50 years ago?

- What is gluten?
- Gluten today is NOT gluten 50 years ago
- Why do our bodies need it?
- The symptoms of gluten sensitivity
- How to tell if you are sensitive to gluten
- If you or a family member has gluten sensitivity, how to eat without gluten in your diet.

Keynote Topics may also be customized for your group or organization.