



LaShanna D. Leonard

N.M.D., B.A. CPT, FNS

Keynote Speaker. Best-Selling Author. Naturopathic & Wellness Educator.

Exercising credibility, character and a cause have been the nucleus of LaShanna's global acclaim. As a Wellpreneur, her focal point is in educating the masses in health, wellness and lifestyle management.

From the local community to global regions there is now a surge of awareness of one's body, mind, soul and spirit. LaShanna provides the resources, coaching and systems needed to achieve harmony in all of those areas.

Her philosophy is that each individual needs to understand their 5 states of wellness in order to maximize their lives. When this alignment occurs peace, productivity and prosperity become the byproducts of one's success. LaShanna is bridging the educational gap in a world where mental distress is high, physical fatigue is epidemic, a lack of geographical resource is far too common, and a misconception of health is destroying lives. LaShanna's specialties include obesity, female health issues, body image, natural remedies for healing, physical fitness and nutrition.

Speaking Topics:

- Foods that Heal
- Don't Disturb My Hormones
- Drink Healthy, Live Healthy
- How to Juggle the Balls of Life Without Losing Yourself
- The 5 States of Wellness
- Global Health Awareness

Education:

University of Houston, Bachelor of Arts, Liberal Arts
 International Sports Sciences Association, Certification of Personal Training
 International Sports Sciences Association, Certification of Nutrition Specialist
 Kingdom College of Natural Health, Doctorate of Naturopathic Medicine

Featured Testimonial:

"I am an expectant mom and I owe the success of this journey to LaShanna Leonard. As a teenager I was diagnosed with PCOS and fibroids. Under LaShanna's care my body soon experienced something it never had, ovulation. My husband and I are beyond grateful for this blessing." -Tara and George Cook

"Ms. Leonard I was so inspired by your presentation. You speak with such passion. Your revelation on foods that heal has us excited to revisit the kitchen. You have inspired these women to know how to live more abundantly."

Nancy Hightower
Coordinator

The Woman's Collective

Affiliations:

NANP- National Association of Naturopathic Professionals
 CHHE- Council of Holistic Health Educators
 IDEA Health and Fitness Association
 Community Intelligence of California

As Seen On



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