





# ARIANNA BLAKEMORE

## Holistic Health & Wellness Expert

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 Arianna Blakemore

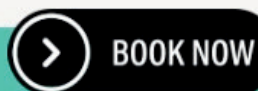


## INTRODUCTION

My name is Arianna Blakemore, a visionary Certified Plant-Based Health Coach, Herbalist, and Urban Farmer with a passion for transforming lives through holistic wellness. I help women eliminate chronic stress and improve gut health by focusing on the three brains, optimizing food frequency, and cultivating soul care. With a degree in Exercise Science/Kinesiology from SIUE, I lead Ancient Healing Root, a movement dedicated to increasing the healthy life expectancy of people of color and marginalized communities. My work bridges ancestral wisdom and modern health practices, empowering individuals to reclaim their vitality through plant-based nutrition, herbal remedies, and mind-body resilience.

## SIGNATURE TOPICS

✦ Food Frequency ✦ Soul Care  
✦ The 3 Brains



Arianna has a unique ability to connect with young people, creating a safe space where they felt heard and understood. The insights shared about mental and physical wellness were not only informative but also relatable.

-Deniece Long,

Lead Teen Advisor for the East St. Louis  
Chapter of Jack and Jill of America



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