



“Dr. Woolbright, I’ve had an absolutely "learn-filled" time the past few months. From developing new knife skills, to creating exciting spice mixes, to learning about beneficial healthy herbs, I thoroughly enjoyed the experiences that you have given me. Many Thanks!” – **Deborah**

“I am enjoying your classes and your spirit immensely. Dr. Akua, you are so knowledgeable *and* down to earth, a winning combination. The information is enlightening and do-able (because of the way you share and impart the information). Thank you for pouring yourself into us and keeping us going and focused. I took my urine pH this morning and it was 6.75!!!! I'm also down 15 pounds from the beginning of the year. We love and appreciate you GREATLY!!” - **Suzette**

“If I had the knowledge base I have now, I would have not needed the bypass surgery. Your classes gave me self-awareness and sent me into preventive mode. Thank you for putting me on track.” – **A. O.**

“The kids and I really enjoyed the Kids Can Cook Too! class. Thank you for providing this outlet for them to learn and cook! I would like to register myself for all three of the upcoming classes. They all sound fascinating and I am excited to learn more.” - **Registered Dietitian**

“Dr. Woolbright! Thanks for another great class. I think I am beginning to "get it" about eating whole foods and feeding my body to be healthy! Some of the things I thought were healthy are not. I am grateful for all that I am learning. It isn't rocket science, but it does take determination. I will share the information. I want as many people as possible to have the information I am receiving.” – **Therese**

“I wanted to take a moment to thank you for the incredible work that you are doing. In the 6 weeks since attending your classes, I have lost 20lbs and have never felt better. I've tried very hard in the past to lose weight and feel better with various diets and medications, but nothing worked until I started eating whole foods with their healing properties. I can't say that I am totally healthy, but I am on the right track. I have made a lifestyle change and am no longer dieting or taking so many prescribed medications.” - **Sheila**

“I was having serious issues with my throat - itching, swelling and difficulty swallowing. My doctor thought it may be something serious and ordered a biopsy. In the meantime, I decided to sign-up for your Elimination Diet Challenge. After eliminating the trigger foods and keeping the food diary like you suggested, I discovered that I am highly allergic to corn. I completely eliminated it from my diet and all of the symptoms I was having are gone. I met with my doctor and he was amazing by my results and

canceled my biopsy. I have never felt better. Thank you for helping me to find answers to my problems and getting my health back on track.” – **T.R.**

“I wanted to reach back out to thank you for a wonderful session. Your spirit and passion are infectious. My staff was all a buzz afterward and have started to implement some of the things they learned.” – **Diane**

“The classes have been phenomenal, as usual, I am enjoying all of the pertinent information that I receive regarding my health. Family and job-related dynamics have been wearing me down, so I haven't been as kind to myself as I should. You made a comment about food not being your mate, well unfortunately, it has become mine. Thanks for the reminder!”- **Carla**

“I have finally totally embraced eating healthy and am following the guidelines. I've lost just over 13 lbs. so far!! Thank you for continuously pouring into us.” – **Patricia**

“It felt really good to be in a room with soooooo many people hungry for this knowledge. We're all on the same path, seeking better health. Being with that many like-minded people crowded into a room tells you something about the need you're fulfilling.” – **News Reporter**

“I got nothing but great reports about the healthy eating classes you are teaching at the church. You were phenomenal. Thank you for your ministry.” - **Rev. D.B.**

“I would like to say since completing the challenge I lost 10 pounds and feel so much better. I definitely plan to continue on. Thank you for continuing to be such an inspirational health leader. ”- **Dena**

“Thank you! The Detox Challenge was amazing. Who would have thought 28 days would be life changing. My energy level is incredible. I just feel so invigorated. I suffer from Fibromyalgia and something about this challenge has decreased my pain episodes. I am very proud of what I have accomplished!” – **Tracy**

“I have been working with a naturopathic doctor and his team of specialists for almost a decade with inconsistent results. After attending your classes and following your recommendations, I lost 30 pounds and reduced my medications. I cook my meals at home and if I want something sweet, I grab fresh or dried fruit. You have really helped me. Thank you for changing my life.” – **Paul**

“I wanted to share with you that the information about issues pertaining to race that you were sharing with the WFM executive team when I got to the breakfast was so awesome! Diversity and sensitivity

training is so needed. The way that you covered the material was passionate, pointed, and pertinent. Thank you again for your leadership and commitment to community.” - **Reverend D.G.**

“After attending your classes and completing the Elimination Day Challenge over the past few months, I have lost a total of 40 pounds. I have struggled with my weight my entire life, so this is such an incredible gift. Thank you for helping me. I have decided to become a certified fitness instructor so I can give other people hope and help them the way you have helped me.” - **Paulette**

“Thanks for chatting with me yesterday evening. I took your advice. I am having leftovers for breakfast. It’s a shredded Brussels sprouts, kale and broccoli slaw salad with dried cranberries and pumpkin seeds. I also added sliced avocado to it. Great tip.” – **Newspaper Journalist**

“Just wanted you to know. I was feeling pretty miserable throughout the month of February. I had prayed for help because my eating was out of control. So, I decided to do your 28-day challenge. I don't remember feeling this good in years. Could it be the clean eating? There's no other explanation! I feel so good. Thank you,” – **Beverly J.**

“Dr. Akua, I wanted you to know about my "aha" moment. You cover topics or talk about whole foods that are plant based and ask, ‘how many of you will try at least one of these new things.’ I've tried a few but I was a fast-food junkie. I say “was” because I recently watched documentaries on Netflix entitled, *What the Health* and *Forks over Knives*. After watching, I went to Whole Foods and bought the ingredients for the dishes we learned to prepare in class. I emailed the documentary titles to my sister, brother, and friends. It has finally sunk in that I'm eating myself to death. I'm not a cook but I've been experimenting. I've been putting chili on everything since that's my best dish. My cashew sour cream is great, I squeezed half a lemon even though the chef said to use 2 tablespoons. I really enjoy attending the classes and learning the information about healthy foods and all the interesting topics you cover as well as the guest speakers. I'm looking forward to lower numbers from my doctors and better health. Thank you.” - **Fern**