



Tierra Burrell

Lifestyle Consultant & Holistic Health Advisor

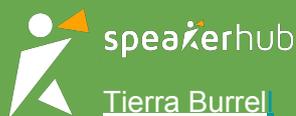
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“She practices what she preaches. She is like a walking Billboard. Everything you see, everything she speaks, everything she eats; it’s all a reflection of what it is she believes in. I am better because of her and my patients are better because of her.”

Dr. Joy, Therapist



Speaking Topics

Don't Chase the Bag...Be the Bag

People will do almost anything to get to the money. The greatest wealth is in our health and I intentionally choose to invest in mine daily. This workshop teaches the importance of:

- Valuing yourself far more than MONEY
- Investing in your health
- Expense of eating unhealthy

Keeping it G: Green, Glowing & Growing

Everything you need to live on this planet can be found in nature. Discover the ways going green:

- Makes your skin glow
- Helps your hair grow
- Increases your energetic frequency

Mastering Your Menstrual Cycle

Many women suffer in silence with debilitating menstrual cycles. We need to talk about it!

Find out:

- How your eating habits contribute
- What foods help regulate cycle
- Why changing your feminine products are essential

Bio

Daily Affirmation: I am not yet my best self, but I am better than YOU!

With an unwavering promise to self to no longer allow anybody to make her feel less than, she developed unapologetic standards that attracted a legion of strong-minded supporters who have learned to affirm themselves in the same way.

She is Tierra Burrell, founder of *Tierra Goes Green*, a boutique lifestyle consulting firm and producer of wellness products. She is also a Certified Doula. Tierra is the Ultimate Plant-Based Civilization Upgrader. Her purpose on this planet is to make you aware of how your life choices affect your total body health, share her knowledge and help guide human beings to a higher vibration.

Over the past five years, Tierra has helped transform and heal thousands of beings around the globe with her holistic approach to total body wellness.

Types of Presentations - (Contact for Rates!)

1 hour workshop

Keynote address

Half day seminar

Full day seminar