

ABOUT: EMILY MANUEL



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Bio:

Emily Manuel is a Registered Holistic Nutritionist, Intuitive Eating Counselor, Yoga Teacher and founder of Plant Forward Nutrition. She has a passion for helping people discover the foods and wellness habits that allow them to feel their best and cultivate a healthy relationship with food and body. Emily specializes in intuitive plant-based eating as well as mindful movement and loves curating and sharing delicious plant-based recipes.