



# VIBRANT LIVING Conversations



Nurturing your gut with real food is essential to overall health — mental + physical (including sleep + hormone balance).



01

## Gut Health

Brittney Prendergast

What is your gut telling you through your skin, poop, hormones, gurgles?

Creativity (AKA thinking outside the box/finding inspiration) is key to minimizing waste in food + fashion.



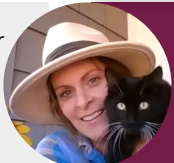
02

## Creative Meal Planning + Living

Chelsey Borgstrom

What would inspire you to cook more + waste less?

Following your intuition fills each of your life chapters with purpose. Buying locally grown flowers enhances the economy, ecosystem + culture.



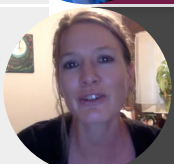
03

## Small, Family Flower Farming

Kendra Booths

How can you better support your local growers?

Your beauty products, their packaging + source, significantly influence your, the planet's + the local community's health.



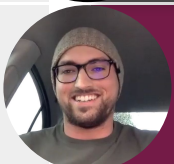
04

## Living Earth Naturals

Brandi Mayes

Do your personal care products help or hinder health?

Herbs can heal. Energy + alignment of nature with the planets + your own unique self, can be the most potent remedy for a vibrant life.



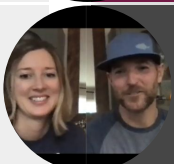
05

## Black Bear Herbarry

Derek Lock

Are you connected to the energy of your medicine?

Knowing + trusting your food suppliers is essential for quality; fish *can* be incredibly nutritious!



06

## Your Local Fishmonger Family

Katie + Eric Pemberton

What was your food's journey to your plate?

Knowing yourself — when you work best, how you re-energize, + what matters most to you — will let you radiate high vibes, + therefore receive them in return.



07

## Finding Balance on a Bike

Jason Lauritzen

What drives you to shine each day?

The human experience is an ongoing cycle — consciously understanding your bigger- picture connection, allowing yourself to feel pain, then learning lessons + making necessary changes.



08

## Shamanic Healing

Jennifer Hackenbruch

Are you willing to do the soul explorations to live your best life?

Owning your identity both inside + out (just as you are right now), is key to self-love + radiating vibrant energy. PLUS, an organized, true-to-you closet reduces daily stress.



09

## Decluttering to Find the Vibrant You

Emily Krosnicki

What blocks stand between you + loving yourself?