



THE RAW GIRL, MS, CNS, LDN

NUTRITIONIST, BEHAVIORAL COACH, & AUTHOR



10,697

Followers
as of February 2021



14,600

Followers
as of February 2021



1,637

Followers
as of February 2021



13,700

Blog Subscribers. Blog
has reached over 1
million reads

CONTACT

SITE

therawgirl.com
stayingagelessuniversity.com

EMAIL

rawgirltoxicworld@gmail.com

PHONE

+1 202-643-5703

SOCIALS

@therawgirl

FEATURED IN:

BLACK
ENTERPRISE

EBONY

AYO
MAGAZINE

AFRO
PUNK

GLAMOUR
ELLE

salon
Los Angeles
Times

CBS

AUTHORITY MAGAZINE

THRIVE
GLOBAL

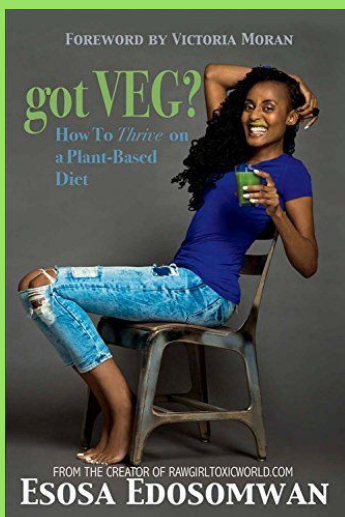
ABOUT ME



Esosa E. also known as “Raw Girl” is a dynamic Clinical Nutritionist, Behavioral Coach, and published author with ten years of experience inspiring others to live their best healthiest lives.

Esosa's personal health crises and battle with acne and chronic fatigue led her to change her lifestyle and begin avid informal study of holistic health until she finally enrolled in the Master's program at Maryland University of Integrative Health. Following the inner yearning to share her vegan lifestyle of twenty years, in 2009 Esosa created Raw Girl in a Toxic World, a health blog where her writing about a range of holistic health topics has been published online and reached hundreds of thousands of readers worldwide. She is the author of several books including: The Acne-Free Diet, Parasites Be Gone!, and Got Veg? How to Thrive on a Plant-Based Diet. Esosa also created her signature online program Staying Ageless 30+, which has a comprehensive curriculum designed to help women 30+ achieve optimal health and stay youthful using diet and lifestyle changes. Outside of her passion for health, Esosa is an award winning, globe-trotting producer and actress who has been featured in Glamour, Elle, Ebony, Black Enterprise and more. She is well versed in all aspects of wellness and nutrition and has created nutrition plans and interventions for obesity patients and clients with a wide range of chronic diseases. Esosa specializes in plant-based nutrition and transitioning, weight loss, healing acne and skin conditions, eating for beauty, parasite cleansing, and detoxification.

BOOKS:



SKILLS:

- Public Speaker / Brand Ambassador
- Veteran health writer : blogs, ebooks, handouts
- Corporate presentations and Lunch n' Learns
- Designing curriculums for health education programs
- Create and design handouts using Photoshop or Canva
- Nutritional Assessments of one-on-one clients
- Meal Plans tailored to chronic conditions, for weight loss, and for building lean muscle mass
- Macronutrient and calorie counting tailored to clients BMR, weight etc.
- Writing scripts and producing audio or video content along with on-camera demos