

About the Author

Bonnie Schnautz founded B-Renewed Wellness Solutions out of her genuine passion for helping people improve their health and wellness through holistic methods.

Through B-Renewed, Bonnie offers:

- Holistic Nutrition Coaching & Consulting for Groups or Individuals
- Programs for Executives & Sales Professionals
- Workshops
- Guest Speaking



Bonnie has received numerous certifications in health and wellness over the past eight years. She is currently completing her Masters in Holistic Nutrition.

A Word from the Author

My personal experience and research over the years have taught me to overcome a plethora of health issues from allergies to asthma to depression. It has been a true gift to free myself and my family from over-the-counter and prescription medications, along with their associated side effects. There isn't a "magic pill" that will help you regain your health or prevent illness. But knowledge about nutrition and supplements combined with the discipline to implement that knowledge is powerful. The abundant energy and sense of renewal I have experienced because of that have impassioned me to create programs and resources to help others realize the same benefits.

Abundant health and blessings,

Bonnie

Bonnie Schnautz

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