

Read my Story...

For 22 years I have cooked in the homes and on the yachts of an illustrious list of high net worth individuals around the world.

My food philosophy...

I believe it is a huge privilege and responsibility to feed people and regard the process as a spiritual act.

When you cook you take raw ingredients which you infuse with energy, love, and time and create something beautiful and delicious that the recipient experiences with all their senses and then ingested into their body which in turn feeds their cells and their souls.

When it came to myself; I was getting it wrong...

I have always seasoned my client's food with so much love and attention, but when it came to myself, I would mindlessly stuff whatever came across my chopping board into my mouth. Eating for me was a craving-based afterthought and subconsciously I used it to fill my emotional needs.

The pandemic...

When the pandemic hit in 2020, I was locked down with one of my clients in New York, and my interaction was limited to my clients and their family members. For 9 months I had virtually no personal interaction with the outside world, so I ventured inside and my consciousness journey began.

I had learned to meditate at a yoga retreat I attended the year before and started making it a daily habit which I soon realised had a knock-on effect in many other areas of my life. During the lockdown, it relieved my anxiety and presenced me. I listened to various podcasts and read books on consciousness, mindfulness, and other healing/spiritual modalities. I started keeping a gratitude journal. Reminding myself daily, how many things I had to be grateful for, gave me the resilience and optimism that bolstered me during those isolated and grim days of lockdown.

Time for a change...

All the work I was doing on myself created a greater sense of self-awareness and I came to the realisation that I no longer wanted to do what I was doing. So, in 2021 I took a hiatus from the hustle of New York and settled in the calm serenity of Knysna to re-evaluate, recalibrate and re-connect. Since then I have qualified as a Consciousness Coach™, started practising holotropic breathwork, and researched the benefits of various plant medicines', holistic modalities and spiritual practices.

Re-evaluating my approach to food...

Since realising how warped my approach to feeding myself was, I have become more mindful about what and how I eat. Listening to my body's needs instead of my cravings has led to better choices. I have moved towards a more plant-based diet, rich in high vibrational foods, and have started reaping the benefits of my healthier choices. I have

lost weight, feel more energised , have healed a lot of the inflammation in my body, and am no longer classified as “pre-diabetic.”
Conscious eating has helped me; it can help you do the same.