What the Wholesome Community Members Are Saying!

“Hannah has opened my eyes in so many ways when it comes to foods and nutrition. I have been on every diet known to man and nothing has lasted for me. I was either on a “diet” or “off” and it was a vicious cycle. Hannah has taught me so much about what foods have nutrition and how to overcome the mindset to ‘lose weight’. I am eating such a wide variety of foods and loving them! I’ve actually lost weight without really trying. Honestly, if you are sick of being on a diet (or off one), Hannah is your girl! Her program is amazing and very effective. I can’t thank Hannah enough for changing my life by improving my gut health, my mindset with food and eating, and feeling the best I’ve ever felt.” -Samantha

"I joined to learn what it means to eat healthier food but I not only gained that knowledge but the emotional support and mindset to help live a healthier lifestyle. Hannah is amazing and supportive through all stages of the journey! I am so excited to continuing learning even more ❤️." -Denise

"Wholesome endeavors is not a diet, it’s a way of life. It’s taught me the value of nutrition and how much what I eat can affect how I feel and how my body and mind responds. It’s also taught me a better relationship with food by allowing me to make choices in my eating without guilt and shame and also teaching me tools to make the decisions to meet my goals. Lots of diets or lifestyle choices will help you lose weight but learning a healthy lifestyle that will also prevent disease and other health risks is far more beneficial to me in this phase of life." -Heather

"I love working with Hannah, this is different from every other fad diet I've tried. I was looking to get off the rollercoaster of dieting and start eating for my health. The journey of working on me, my relationship with food and learning about the health of many different food types has been so fun and exactly what I needed." -Danielle

"So far I have enjoyed being a member of this group. Hannah is very knowledgeable and provides lots of resources and fun events! The others in the group are welcoming, positive, and helpful. The overall laid back - no pressure vibe is just what I need!" -Katy

"I love the WE membership. It's like going to trusted friends to share and support each other with fails and wins on my journey. The education is in pieces so you can go at your personal pace, and interests and implement a little at a time to build lifestyle habits! It's my life, I have to take control of my journey to live the best life I can for me and my loved ones!" -Shelley