



DANETTE MAY

America's Leading Healthy Lifestyle Expert

# About Danette

## The Calling

Driven by a powerful calling to serve Mother Earth and humanity, Danette May has inspired & transformed millions of people around the world to step into their unlimited potential and their divine gifts. Danette May is the co-founder of Mindful Health and Earth Echo Foods, impacting people world wide through fitness, nutrition, coaching courses and superfoods. With over 500 Million views on her videos, Mindful Health LLC was recognized as the No.48 fastest growing company in the Inc. 5000.

She is a sought-after VIP coach for celebrities and impact-driven leaders, a world renowned speaker and a best selling author of seven books, including *The Rise & Embrace Abundance*.

Danette has been featured on *Access Hollywood*, CBS, Hallmark Channel's *Home & Family* and *WeRiseUp*, the documentary featuring His Holiness the Dalai Lama, Tony Robbins, and others.



*Featured by*

Danette has been featured by the following:

**SELF**

THE  
HUFFINGTON  
POST

**©CBS  
Los Angeles**

**ACCESS** / ★  
HOLLYWOOD

Hallmark

**Women's Health**

# *Social Influence*

## America's Leading Healthy Lifestyle Expert

Danette has over 500MM views on her informational and motivational videos on youtube and facebook. She is on a mission to inspire & drive radical change in the human spirit.



1.8MM

*Facebook Followers*



140K+

*Instagram Followers*



10MM

*Youtube Views*



# Audiences'

World Renowned Speaker and Facilitator at:



Keynote Speaker, Cacao Ceremony and Fitness Classes

📍 *Portugal, Mexico, Croatia, Spain*



Keynote Speaker

📍 *California*



Keynote Speaker and Cacao Ceremony

📍 *Florida*



Danette's Personal Event of over 1.5K attendees

📍 *California*



## Speaking Topics

Danette is a keynote speaker, podcast guest and healing facilitator on a variety of topics to entrepreneurs and growth-minded communities. Some topics include:

- *Unlimited Potential Cacao Experience*

Taking attendees through a life-changing, cellular upgrade experience through a healing with raw cacao blend, music frequency, intention and visualization.

- *From \$47 to 3- 8 Figure Businesses in 6 years*

- *Using Unseen forces & energy to manifest more wealth, peace, & more fulfilling relationships*

- *How to maximize energy and efficiencies to conquer your goals*

- *What's the secret to it all?*

How to cultivate more deep seeded worth.

- *Growing Businesses and Wealth with your romantic Partner*

Navigating business and personal relationships to ensure success in both.



# Books

## The Rise

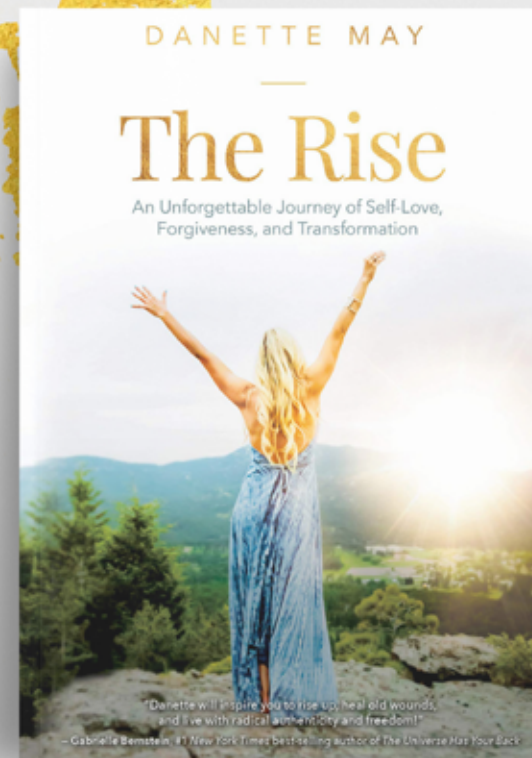
*An unforgettable journey of Self-Love,  
Forgiveness, and Transformation*

“

*Self-love is both  
courageous and  
admirable.*

”

#1 BESTSELLER





## Embrace Abundance

*A Proven Path to Better Health, More Wealth,  
and Deeply Fulfilling Relationships*

“

*The world we create  
inside ourselves will be the reflection  
we see externally.*

”

#1 BESTSELLER







## Earth Echo Foods

### *Our Mission*

We believe Mother Earth is our CEO and as caretakers of the planet, we take care of her, as she cares for us. We only source the highest organic, non-GMO ingredients and put them in earth friendly packaging.

### *Our Why*

Our goal is to enhance people's physical, mental, emotional, and spiritual lives. Our superfoods help awaken your innate super powers. When you feel good, you do good.



## Let's Connect

### Email Inquiries

Contact Press at [press@danettemay.com](mailto:press@danettemay.com)

### Visit Our Site

[www.danettemay.com](http://www.danettemay.com)

“

*You were born for these times.  
Don't look away. Don't get lost in  
the fire. Stand steadfast. Show up  
in love & curiosity.*

Danette May

”

## More About Danette May

Danette May is America's leading healthy lifestyle expert, #1 best-selling author of *The Rise & Embrace Abundance* and 7 health and fitness books and programs, co-founder and CCO of Mindful Health, LLC (#48 on the Inc. 5000 List), dedicated founder of The Rise movement, world-renowned motivational speaker, wife, and mother.

In addition to being named #16 on Women's Fitness' list of fitness & health leaders, Danette has recently been featured in the culture-shifting documentary, *WeRiseUP*, alongside His Holiness The Dalai Lama, Alanis Morissette, Lance Bass, Amina Mohammed, Richard Branson, and many other high-impact leaders.

Her impactful mission is simple, yet profound! Known for her ability to captivate her audiences with both her high energy and by emotionally connecting on a deep level, Danette is changing hearts around the world.

She inspires humanity to dig deep into their souls to find out who they really are, construct the life of their dreams, and to stand fully in their power. Her rise began after losing her son during childbirth, getting divorced, and finding herself with \$47 to her name. It was

then that she decided to stop being a victim and rewrite her story. She began to focus on the three pillars of healing: healing foods, healing movement, and a healing mindset. These three pillars form the foundation of every product or program she's created since then. With this simple philosophy, she transformed her life and now owns several 8-figure businesses helping individuals around the world with her transformational brands like Fit Rise, a fitness and healthy lifestyle brand.

Because she feels so passionate about healing foods, Danette created Earth Echo Foods, the brand behind the best-selling superfood blend, Cacao Bliss & Island Bliss, which is formulated from some of the world's most nutritious superfoods, using sustainable farming and eco-friendly packaging.

Danette leads healing retreats, festivals and coaches individuals on how to accomplish goals, remove subconscious blocks, unlayer hidden trauma, & use unseen energies to create magnetic dreams. Through her popular programs, she has empowered millions of people to rise into radical self-love with a healthier body, mind & spirit.

