



# Zana R. E. Scott

PLANT-BASED NUTRITION EDUCATOR | SPEAKER

## About Zana

Zana is a plant-based nutrition educator who helps individuals unlock what the body is truly capable of when supported by the right nutrition and movement. Through her work, people experience increased energy, mental clarity, reduced inflammation, improved physical performance, and a renewed sense of control over their health.

With advanced training in plant-based nutrition from Cornell University, lifestyle medicine from Harvard Medical School, and as a Licensed Food for Life Instructor through the Physicians Committee for Responsible Medicine, Zana delivers experiences that go beyond information.

Her sessions are engaging, practical, and deeply supportive—creating space for individuals to feel seen, understood, and equipped with real strategies they can apply immediately to feel and function better in their everyday lives.

## Let's work together

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📱 @zanarescott

## Most Requested Sessions

- The Power of Your Plate: Food as Prevention
- The Anti Inflammation Diet
- Designing a Diet for Weight Control

From Plate to Performance:  
How Everyday Food Choices Shape Health,  
Focus, and Longevity

## Testimonials”

As a result of the program, my doctor discontinued all of my medications, including my cholesterol statin and even vitamin D. I was no longer considered prediabetic, and I lost weight—getting close to my college weight again.

It changed how I approach food and sparked meaningful conversations about health at home.

I feel healthier, with fewer aches and pains, and all of my vitals are now within normal ranges.

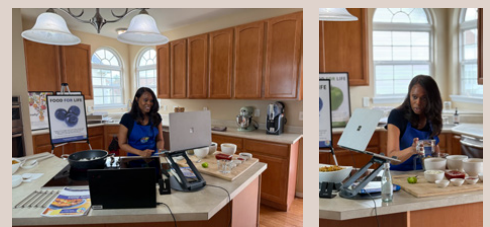
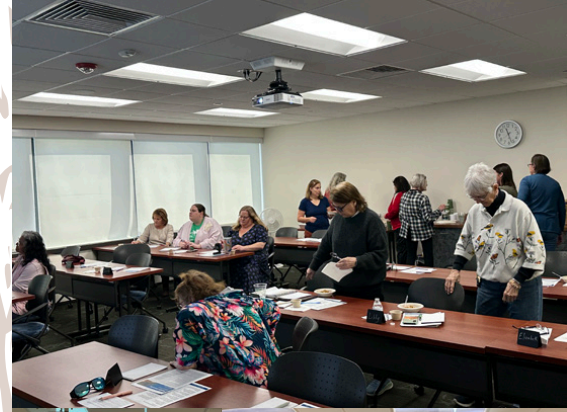
*Zana is a plant-based nutrition educator and speaker who creates powerful, results-driven experiences both in person and virtually.*

Whether in an intimate setting or on a larger stage, she brings a grounded, engaging presence that meets people where they are and moves them forward.

Her sessions are designed to go beyond information. Attendees walk away with a clear understanding of how to use food and movement to improve energy, reduce inflammation, sharpen focus, and support long-term health in a way that feels realistic and sustainable.

Zana has a unique ability to create a space where individuals feel seen, understood, and supported while also being equipped with practical strategies they can immediately apply to their everyday lives. No fluff, no overwhelm, just real, actionable guidance that helps people feel better, function better, and take ownership of their health.

No matter the audience, setting, or format, Zana leads with clarity, authenticity, and intention delivering an experience that stays with people long after the session ends.



# Getting Connected

If you're interested in booking Zana, checking availability, or sharing your vision to explore how her work can support your event or community, connect with us here.

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Here are some quick next step options for you:

**EMAIL: [INFO@BEUTIFULYESU.COM](mailto:INFO@BEUTIFULYESU.COM)**

## ONE

Reach out to check Zana's schedule just to make sure your event and her calendar can align! Get in touch to ensure your date is open and available!

## TWO

Send more details about your event, the time, location, attendance, and anything else that would be helpful to know! The more information, the better!

## THREE

Send an email to [info@beutifulyesu.com](mailto:info@beutifulyesu.com) if you have any questions that weren't answered in this speaker kit or on Zana's website.

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