



Donya Fahmy

NATURAL SOLUTIONS FOR WELLNESS THAT LASTS

SPEAKER • AUTHOR • ENTREPRENEUR

Donya Fahmy is the Alchemist in Chief for **Sustainable Health Solutions Inc.**, and Founder and Formulator for **Dropwise Essentials** --her line of aromatherapy and organic plant-based personal care products.

In the field of Natural Health & Wellness for over 20 years, Donya is a #1 Amazon International Best-Selling Author, a Natural Health and Lifestyle Expert, and a **Sustainable Wellness Success Mentor**.

She loves showing smart busy women who want more out of life how to **elevate their health and personal wellbeing** so they can fully experience and enjoy **their divine right to lasting wellness** as they age.

Donya is the creator of the ground-breaking **Whole Life Detox system** and believes **that natural solutions and plant-based living** are the key to taking back control of our health so we can liberate ourselves from the shackles of our "sick care" system and enjoy the freedom and peace of mind of **living healthy through self-reliance**.

In fact, this is exactly how Donya healed herself from two decades of multiple chronic health problems -- **successfully accomplishing what doctors and traditional medicine could not**.



BOOK DONYA TODAY!

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<https://bit.ly/DF-REEL>

"Donya's message is relevant, thought-provoking, and timely. If you want someone with Health and Wellness expertise, valuable content, and great delivery, then Donya is your gal!"

Catherine Miller,
Company Leadership, Polka Dot Powerhouse

"I was delighted to have Donya speak at one of our events. Her presentation style is upbeat and inspirational. She was very generous in sharing great content and key takeaways that my audience could use right away."

Sahar Nefal, Founder,
The Bright Side of Life Women's
Community

As Seen/Heard On:





TALK TOPICS

Wellness Talks customized for your organization upon request

Create Your Roadmap to Wellness Success

Your wellness is a journey, NOT a destination. Gain clarity and inspiration to help you build the foundation for lasting wellness as you age so you can continue to enjoy the ride.

Kickstart Your Wellness Success: Eliminate Common Roadblocks to Health & Vitality

Discover how to kickstart your wellness success by identifying the most common roadblocks that keep you from enjoying the health and personal wellbeing you deserve.

Unveil the Path to Optimal Wellness: What Doctors Won't Tell You

There are 3 primary Health Snatchers that prematurely age you and rob you of your vitality. Uncover the hidden and not-so-hidden toxic pitfalls constantly feeding them that your doctor will never tell you about.

ADDITIONAL TOPICS

Master Your Energy the Natural Way in 10 Minutes a Day

Learn some simple ways to beat fatigue and increase your daily energy levels by harnessing your body's natural resources instead of reaching for stimulants.

How to Control Your Sugar & Junk Food Cravings

Unravel the secrets to getting those cravings under control so you can stop putting on weight, damaging your health, and beating yourself up with guilt.

5 Simple Steps to Better Sleep

In this lively talk we'll go over 5 simple steps to a better night's sleep, including hidden obstacles that can sabotage your best efforts.

"Donya's message is critically important for anyone who wants to live a long healthy life. Her passion for helping others get healthy is contagious."

Gloria Guzman
President, Rotary Club of
San Mateo Sunrise



Watch Donya speak here: <https://bit.ly/DF-REEL>