



**Hemp Food Educator, Hemp Lifestyles Coach
Hemp Queen Healthy Lifestyles
Hempco Canada Superfoods**

Symentha has been *Living the Hemp Life* for nearly two decades now; sharing her story of how hemp changed her life and helping many transform their health with hemp-based foods.

When her brother Charles and father Ken Holmes, founders of Hempco Canada, brought the world's first hemp protein powder to market, she began working with the family company. She started eating hemp protein everyday and experienced dramatic shifts in her health. Her body began to heal from endometriosis, sugar addiction, pre-diabetes, digestive issues and adrenal exhaustion from years of working and travelling in the entertainment industry and a very poor diet. Her health has evolved into a success story: "Hemp truly saved my life and was the catalyst for my health and healing journey."

As a Hemp Food Educator, Symentha is the founder of Hemp Queen; an online hub to teach people how to incorporate hemp into their daily lives, with educational videos and resources such as her eBooks *Hardwired for Hemp*, *Bringing Hemp Home* and a *21-Day Hemp Meal Program*. As a Hemp Lifestyle Coach and creator of the *Healthy Rockstar program*, she coaches busy performing arts and business professionals on how to lose weight, detox from carbs and sugar and gain energy and wellness through a holistic Hemp-based lifestyle.

Symentha continues to be a consultant with Hempco Canada Superfoods and is also a Yoga Instructor, Hypnotherapist, Wellness Mastery Coach and a Singer/Songwriter (recently featured in a reality series about touring artists and life on the road). She is passionate about sharing the healing and revolutionary powers of Hemp, a sacred plant that will transform humanity and the world.

20 YEARS AND GROWING

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