

Mary Kate Brown

**WRITER+  
ENROLLMENT  
SPECIALIST**

**TOPICS**

Having walked through the hopelessness of receiving a chronic diagnosis, Mary Kate is passionate about autoimmune recovery and the unique benefits of functional medicine.

She helps others implement a short-term anti-inflammatory eating plan to kickstart their own healing journeys, and is excited about other holistic health solutions such as immune support, homeopathy, or simple first aid.

Mary Kate encourages moms to be their own best advocates when it comes to their family's education and wellness.

Mary Kate helps champion the words of other writers in her position at hope\*writers. She helps others get clarity on their next best steps in making progress on their writing goals.

**TESTIMONIALS**

*"Mary Kate is a powerhouse of hope, even while living with an autoimmune disease."*

-Nicole, O'Meara, Founder of the online community "Living Faithfully with Rare & Chronic Disease"

*"This group has been a life saver for me. For a year I have been struggling with weight gain and bloating and no doctors could give me answers. Thanks for creating this group and being vulnerable in telling your stories. I am forever grateful."*

-Kristina Fryson, member of Mary Kate's "2 week anti-inflammatory diet challenge group"

*"I am surprised that I don't have the urge to eat sugar any and every time I see it like I did on the first few days. I feel really good and have a lot of energy at the end of my day despite no coffee, and I start my days with an intense workout at 5 am followed by 9 hours of nannying for a family with 4 kids! This is amazing and I can't believe I actually did this!"*

- Emily Burns, member of Mary Kate's "2 week anti-inflammatory diet challenge group"



**ABOUT**

After overcoming numerous health challenges due to autoimmunity, Mary Kate is passionate about helping others find healing and wholeness. She leads an online group teaching the basics of an anti-inflammatory diet, and inspires others to incorporate simple, nourishing, real-food recipes in their own homes. Mary Kate and her husband Brian are high-school sweethearts who recently left their lifelong home in the Chicago suburbs for a rural property in Western Michigan. Together they homeschool their three daughters, and are making plans for turning their new property into a small-scale homestead. She is a contributor for the Kindred Mom Blog & Podcast, and she works on the growth team at hope\*writers helping to champion the words of other writers. She writes online at [www.marykateb.com](http://www.marykateb.com), her work has been featured on The Mighty and Red Tricycle, and you can catch up with her on Instagram @mary.kate.brown

**HIGHLIGHTS**

- Contributor and editorial team member on the 2020 release of Kindred Mom's first book: "Strong, Brave, & Beautiful"

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