

Mary Kate Brown

WRITER + SPEAKER

TOPICS

Having walked through the hopelessness of receiving a chronic diagnosis, Mary Kate is passionate about autoimmune recovery and empowering women to pursue wholeness in every area of their lives. She's also willing to serve your group with a unique message or topic.

HOPE + WHOLENESS

How to live whole, even when you feel broken.

- Learn how to become your own best advocate.
- Gain an understanding about what symptoms reveal.
- Practical steps and insights for walking in wholeness.

ANTI-INFLAMMATORY DIET PLAN

How to implement a short-term anti-inflammatory diet to kickstart healing.

- Unique physical benefits of implementing this plan.
- Gentle ways to begin without becoming overwhelmed.
- Recipes and healthier substitutions.

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's led 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 left their lifelong home in the Chicago suburbs for a rural property in Western Michigan. Together they homeschool their three daughters, and have been transforming their property into a small-scale homestead.

HIGHLIGHTS

- 📖 Contributor on the 2020 release of Kindred Mom's first book: "Strong, Brave, & Beautiful"
- 📖 Featured work at The Mighty, Kindred Mom, Red Tricycle, and For Every Mom
- 📖 Podcasts and interviews with Kindred Mom, Daughter of Delight, All Gifts, Hear and Now, and Living Faithfully with Chronic Disease Online Community
- 📖 Online workshop host with hope*writers.

AVAILABLE FOR

Events, small groups, retreats, workshops, conferences, virtual events, and more!

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