



Soul:

*The spiritual part of humans separate from the physical body
The essential part or fundamental nature of anything*

Natural:

*Based on the state of things in nature, constituted by nature
Nature or the universe: natural beauty
Being or made from organic material*



Rawchelle's Famous & Raw Love Cookies

Who Soulfully Natural is:

Soulfully Natural offers living food nutrition education and personal training programs to provide you with a holistic approach to thriving in your life. I strive to cover all aspects of a healthy lifestyle, which I have strived after my whole life and have wanted to give to others. I am now doing that through movement and nutrition.

I offer wheat, gluten, and dairy free cookies that nourish your body and satisfy your sweet desires. My ingredients are fresh, organic, and raw. They are great to share the love in your community.

Come to my seminars to learn about and enjoy living food cuisine. Read my blogs and like Soulfully Natural on facebook to join my community of gratitude, love, and health.

Soulfully Natural's Mission:

Soulfully Natural honors the human soul thriving in its natural state and natural environment. We celebrate our souls as our spiritual beings; our thoughts, feelings, emotions, and physical bodies, our presence in life, moment for moment. We celebrate our natural being by honoring our earth and all it provides us through locally organic food, and environmentally friendly clothing and products. We offer our gratitude to the earth and all its elements for being one with us, connected to us, entwined with us as one being.

We invite you to experience being alive through your health by listening to your body and relying on what is provided for you from nature. We support you in thriving from a lifestyle of living (raw) food, natural body movement, spiritual awakening, and balance of life. We invite you to naturally choose to celebrate your soul as you nourish, move, and love. We love who you are.

RACHELLE MARQUEZ

Owner and Founder of Soulfully Natural



I wanted to become a Personal Trainer when I started taking classes in college. When I applied to a state college there was no degree for training, so I went for a teaching degree in Physical Education. I ended up doing both jobs and loving them. In searching for my own nutritional balance with physical activity I struggled. I started out studying basic nutrition in college for my degree and continued to research athletic nutrition in keeping up my training certification. I felt an improvement with each and even used a nutritionist myself. But I could not sustain the "regime" they had me on long term. I continued to battle my fluctuating weight and always thought, "I'm a trainer. I have the knowledge, desire and willpower. Why isn't this working for me?" I knew there had to be a better way and after years of frustration, emotional ups and downs, and stress over my weight, I was determined to find it.

I was never at a dangerous weight and I was probably thinner than I thought I was then, but I never felt like I could stabilize it. I always struggled with sweets. I wanted them and continued to want them the more I ate them. From society's point of view I had no willpower. I felt guilty all the time and I couldn't stop. This mainly led to the weight fluctuations.

I had a friend who was into raw foods and explained some of the concepts behind it. At that time I thought I knew what nutrition was about from all the sources that fed it to me, nutritionists, school, training courses. How could all those people and organizations be wrong? I took some of the information she gave me and started looking into books on the subject. I understood how it could be healthier and tried it. I had fun trying the new recipes, but my body was reacting to it horribly and I didn't understand what was happening. Later I understood I was going through detox and needed to let it pass before giving up. So I went back to my mainstream diet and again began to feel horrible and put on more weight. This wasn't hard to do with all the people around me scaring me into believing I wasn't getting enough nutrients.

I had hit my highest weight, felt unhealthy, and couldn't fit into any of my clothes. I had had enough. I was pissed off and determined to find a way to eat healthy, feel healthy, and never worry about what I put in my mouth again. I delved even further into the raw nutrition world of resources and learned more than before. I got rid of all my cooking appliances and slowly replaced them with the four appliances I would need to go raw: a dehydrator, high-speed blender, food processor, and a juicer. The more I read the more convinced I was that this was a healthier lifestyle, and I was right. I started eating raw and making my favorite desserts which felt healthier, but I was still heavy. I wasn't going to give up because I knew something felt better and I couldn't ignore that. I decided I should try more vegetables and less sugar and heavy foods and thought a juice fast would be the easiest way to do this. I had the goal of thirty days and I made most of them with a snack and/or one meal a day toward the end of that goal. I lost body fat and felt fantastic with more energy, vibrancy, glowing skin, a bright smile, and a positive attitude toward life. I loved it and was hooked. There was no way I could go back to mainstream food. When my body started craving more solid food I was devastated and tried to fight it. Realizing I couldn't do this nor sustain it I cut it in half and juiced until dinner with a snack during the day on occasion. Now I fluctuate between juices, smoothies, soups, and raw food trying to keep balance and above all listen to what my body wants and needs. It was a struggle for me to turn away from all the knowledge I obtained in school and through training to relearn a new way of eating and nourishing my body. The more I listen to my body and how it reacts to nature's sources I know I am giving myself, my body, the best there is and I can thrive from that every day. I worry very little about my size and focus more on how I feel, healthy. It is the most liberating thing to experience. I can now live my life happy and healthy, free from worry or guilt. I now love myself and my body. What a great way to enjoy our time on earth, living.