



# MARISA MOON

PRIMAL HEALTH COACH  
PODCAST HOST & PUBLIC SPEAKER

## BIO

Marisa Moon is a thought-provoking public speaker, podcast host, and health coach certified by the Primal Health Coach Institute. Marisa shares meaningful concepts—founded in the wisdom of Ancestral Health—through personal coaching, podcasting, workshops, and social media.

## PODCAST

The Foundation of Wellness

## AUDIO SESSIONS

Channel: "The Wild Within"  
on App by AuraHealth.io

## CONTACT

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## RATES

30-45 min Speech - \$500  
with Slideshow - \$600  
Food Demo - \$900

## AREAS OF EXPERTISE

- Ancestral Health & Paleo/Primal
- Food Sensitivities and Digestion
- Stress Management & Sleep Optimization
- Intermittent Fasting
- Cooking, Meal Prep, Food Sourcing

## SIGNATURE TALKS

- 4 Steps to Successful Intermittent Fasting, for anyone
- Fasting for Mental Energy & ADD/ADHD
- Maximizing Plant Nutrients: Why Soak, Sprout, Ferment Nuts and Seeds.
- BBQ Season Strategies to Defend Your Health
- Breaking More Than Bread: An Exploration of Bread's Place in Today's Modern World
- Ending the Confusion About What's Healthy
- 4 Shifts You Need to Make to End Dieting for Good

## PREVIOUS BOOKINGS

- Facebook Austin, 2020
- Fasting Reset Summit, Online, 2020
- Habits to Thrive Summit, Online, 2019
- COWTalks, Hammond, IN 2019
- Shanti Wellness Center, Munster, IN, 2018-2019
- Strength In the City, Chicago 2018 - 2019
- Mamby on the Beach Chicago 2016 - 2018
- Munster Parks & Recreation Classes 2018
- Great American Cheese Collection, Chicago 2017
- My6Method Workshops 2017-2018
- Hi-Vibe Superfood Juicery Community Cleanses 2018