**Wellness20**

**Backgrounder**

Over the past years we have witnessed first-hand the impact humankind has had on the earth and its resources. From devastating wildfires, hurricanes, floods, and extreme weather conditions around the globe to the exploitation of our natural resources, food and industrial waste, pandemics, challenges to our water supply, our oceans, lakes and rivers, and threats to human health. It is evident that the time is now for us to all wake up and take action. How can we make impactful and lasting change to the world we live in?

Businesses and industries that are dedicated to building sustainable products, resources and services need our support now more than ever. Scientists who are dedicated to improving how we live our lives in a sustainable way are our hope for the future. Entrepreneurs are paving the way for new ways of living and moving about the world in a greener, sustainable, wholistic manner.

Two women entrepreneurs are leading the way in helping green, sustainable, and vegan businesses succeed and grow. Dr. Patricia Thomson and Brooke Ali have partnered to create their company Wellness20. Dedicated to building support communities for green businesses, teaching health, wellness, and nutrition to the greater planet community, producing events that generate excitement and help further the efforts of a greener and cleaner world, publishing books to share knowledge with everyone who is receptive to change for the greater good, and offering opportunities for people to grow in their health, wellness and spirit. Both founders of Wellness20 have their own amazing journeys in getting to where they are now.

Wellness20 founder Brooke Ali suffered for years with Hashimoto’s disease before discovering the healing power of food. After empowering herself with the knowledge she gleaned from the experts, Brooke was able to heal herself by making significant changes to her daily diet. Armed with this information, she went on to teach others how to do this in their lives. She also discovered the impact of our food choices on the environment and has gone into schools to share this with children – our future leaders of the world. With her love of creating delicious vegan food, Brooke became a partner in Viridescent Kitchen, a vegan restaurant that was flourishing right before COVID hit. Unfortunately, they had to make the difficult decision to close the restaurant. Undaunted, Brooke then joined forces with Patricia Thomson as they pivoted the Food as Medicine Summit & EXPO to a virtual platform. This first time ever event brought together dozens of nutrition experts from around the globe to a single platform to share the powerful message of food as medicine with the world. The event was such a success they made their partnership official and have not stopped.

Patricia Thomson (aka Dr. T) is a cancer survivor and credits her recovery to adopting a whole food plant-based lifestyle. As a scientist, Dr. T was intrigued by the healing power of food and went on to earn her certifications to cook and teach others how to heal their own bodies with food. Ever since, she has been on a mission to share this knowledge with as many people as she can. Both Patricia and Brooke recently launched their two books ***VEGAN20*** and ***WFPB20***. ***VEGAN20*** introduces the concept of veganism and the how, what, and why to being a vegan. Brooke brings her culinary expertise to ***VEGAN20*** which includes a wonderful collection of delicious, vegan recipes that will satisfy the pickiest of eaters. ***WFPB20***, written by Patricia, introduces the reader to the concept of healthy veganism by incorporating a whole food, plant-based palette. Guided by the science, ***WFPB20*** documents the health producing effects of the healing properties of plants. With step-by-step instruction, ***WFPB20*** takes the reader on a personalized journey of better health and wellness. Ali and Thomson invite anyone to dip their toe in the health and wellness pool and try inviting more plants to their plates. Brooke Ali designed the recipes in ***WFPB20*** which brings the two books together in a complimentary way.

Not one to sit on their laurels, Brooke Ali and Dr. Thomson have long been working to help spread the word about the healing properties of food, the long-term benefits of a vegan lifestyle to your health, the health of the animals and the health of the planet. They will continue to bring opportunities to the world so that businesses and people dedicated to this cause continue to grow and flourish in the hope that someday, our children and their children will not have to worry about the state of their health and the health of the world.

Visit their website at [www.wellness-20.com](http://www.wellness-20.com)

Find them on Facebook: <https://www.facebook.com/Wellness20.org>

Find them on IG: <https://www.instagram.com/wellnesstwenty/>

For more information: [patricia@wellness-20.com](mailto:patricia@wellness-20.com) or [brooke@wellness-20.com](mailto:brooke@wellness-20.com)