



GREEN AND WELL LIVING WITH KIESHA

BY: ERICA SCOTT



Kiesha Yokers wear a lot of hats. She is a military wife and mom. She is a certified holistic health coach and a wellness writer who advocates for safe for who and personal care laws educate the public on lowering their toxic loads through the things that they purchase and lifestyle. Being of mixed race and as well as her children she finds a balance in having different hair care regimens. Her three top products for hair is; a deep conditioner, a good oil (which she makes a DIY avocado oil mask with apple cider along with other natural/essential oils) and also a good hair gel that won't leave the hair crunchy. Her son has a loose curl at 3a and her daughter has more defined curl of 4b while her hair is 3b. With all of those different hair types there are a lot of products in this household! As we moved deeper into the conversation she wanted to express how glad she is that women of color are embracing their natural hair. "This gives us a sense of power and creativity and also acceptance that they weren't able to express before. She also says that "women should be educated before they make their choice to go natural because that makes the transition much easier and when a woman chooses to go natural it is like meeting themselves for the first time." Which can be emotional yet powerful because they are able to take control and not have anyone break their spirit of their choice.



**"CLEAN EATING AND CLEAN LIVING HAS A COST
BUT SO DOES ILLNESS AND ITS UP TO THE PERSON
TO MAKE THAT CHOICE."**

"THERE IS ENOUGH ROOM FOR EVERYONE AT THE TABLE. YOU DON'T HAVE TO STEP DOWN, JUST MOVE OVER TO MAKE SPACE".

Kiesha Yokers

When asked about what does natural hair mean to her she summed it up in three words; "freedom, self-love, and spiritual power". All three of these things resonate with her as she has accepted who she was and teaches her children to do the same.

Kiesha's overall goal for jumping on Instagram she had two reasons. One was because of her children. She wants to continue to normalize black and brown lives by doing every day things. Second she also wanted to be this voice for having people especially people of color to read what ingredients are in there food and hair products. She continues to do her research for black women studies for hair care and products. With her having a teacher background, always willing to educate others, as well as being a wellness coach she wants to join that table for conversation about not connecting wellness with only the privileged having this access. Because she believes that both health and education are rights and it should be accessible to everyone. Kiesha has many exciting things coming up including launching her website greenandwell.co You can also follow her on Instagram [@green.and.well!](https://www.instagram.com/green.and.well)



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