

THE
PHENOMENON
THAT IS,

**THE
HEALTHY
VOYAGER**
BRAND

Carolyn

SCOTT

Hamilton



Carolyn Scott Hamilton is one of our favourite people in the vegan community.

If you have had the pleasure of meeting Carolyn you will already know that she has such a big personality and is so knowledgeable about food and travel – hence the huge and continuing growth of her brand The Healthy Voyager.

If you want to know anything about travel, food and health just ask Carolyn. So many people in the media do!

Carolyn is a bilingual television show host and media personality, holistic nutritionist, vegan chef and cookbook author, speaker and consultant. On top of this she travels the world to bring you the perfect vegan eating experiences.

Born in Columbia and raised in Miami, after graduating from the University of Miami, Carolyn moved to Los Angeles in 1998.



Q. What started you on your vegan journey.

I went vegan in 1999 after reading *Fit for Life*. I had struggled with my weight in my late teens and early college years so this book, I like to say, saved my life. I'm actually quite grateful for those struggles because it led me to my path to wellness and my journey to help others. The message in the book resonated with me so much that the very next day, I quit all animal products, cold turkey (I like to say cold tofu!).

Because I knew nothing about how to be a healthy vegan, and knew no other vegans, I ended up getting my masters in holistic nutrition and going to culinary school because I knew this was a foundation of knowledge I needed to make this a lifetime lifestyle.

I was an avid traveler and had a difficult time so with all I learned and came up with over the years, it gave me enough info to launch the show as a resource for other special diet travelers.



Q. How did the TV show come about :

I started The Healthy Voyager in 2006. I came up with the idea for a vegan travel show in 2005 after seeing how the current travel shows didn't really do much to help their viewers. It was all with luxury or super meaty, weird food travel, none of which helped the average joe who wanted to see the world. I was a bit early in the game so I decided to produce it on my own in the infancy of YouTube and before "social media" and ever since then, The Healthy Voyager has grown into a full healthy and green living brand.

My show and brand reach over 8 million viewers/readers worldwide, in both English and Spanish. I've made it my full time job and love helping people live happier, healthier lives via a plant based diet and proving that being vegan is not a social death sentence. My show and brand

has taken me all over the world, I speak at notable conventions and corporations, help colleges, universities and even theme parks develop and offer vegan dishes and am regularly on national television talking as an expert in health, vegan cooking and travel.






I've had the great fortune of being acknowledged by the White House and even was brought to Kenya where I documented a humanitarian project for Virgin Unite and Sir Richard Branson as well as for The Healthy Voyager Show.



My site has become a resource for everything from healthy, vegan travel to recipes, health tips, green living and more.

My travel show is still the flagship but in the fall of last year I launched my vegan cooking show, The Healthy Voyager's Global Kitchen, as a fun way to follow up my best-selling cookbook, The Healthy Voyager's Global Kitchen. The show is fun and I regularly have celebrities and other notable guests help me out in my studio kitchen!



Q. What is ahead for The Healthy Voyager

I am in the development stages of some very exciting projects from launching a food and supplement line as well as a clothing line and eco-travel gear line in addition to my work on both American and Latin American TV.

I'm hosting a fabulous, 8 day vegan tour of Italy in July and if anyone would like more info, have them check out: www.greenearthtravel.com/2015-the-inaugural-year-of-vegano-italiano-festival/

So, I will be continuing my work on and offline, on television as well as with live events, and what's next for me is launching more products, book titles and apps, checking more stuff off my bucket list, sharing my adventures with my readers, and hopefully soon, I'll be going down the road to parenthood (which of course I'll be documenting every step of the way!)



