



Michele Banks

Born in Jamaica Queens, New York, Michele began her journey toward nutrition after realizing her major in Criminal Psychology/Pre-Law was not the path she truly desired to pursue. Her first devotion was to receive her Doctorate of Divinity and taught the principles of spirituality for several years in various non-profit organizations.

Her relocation to Chicago provided opportunities to explore the new world of (w)holistic nutrition. Her motivation came from the loss of her mother to diabetes and her personal experience of poor health [asthma] from birth until early teenage years which eventually led her to embark upon a research journey to discover the 'hidden mysteries' of health by reading over 1000 nutritional books and thousands of research articles.

Michele studied under Stephen Krauss, Robert Young, Sc.D, Ph.D, and John Allocca, Sc.D., Ph.D, and Cory Holly (fitness guru) all who are world-renown nutritional scientist researchers and published authors. She currently studies Functional [Wholistic] Medicine under Charles Gant, M.D., Ph.D, a long term commitment to study the field of nutrition and integrative medicine.

Michele has been an independent consultant and representative for 8 nutritional and personal care companies including Dr. Earl Mindell, R.Ph., Ph.D., an author of over 25 nutritional books and Beverly Sassoon, (formerly of the Sassoon empire), who developed a line of nutritional and beauty products. She was employed for 7 years as Sales Manager and corporate trainer for James Joseph Cosmetics, a Chicago Manufacturer, and a Regional Manager with MATAH, a national African-American distribution company based in New Jersey. Michele has enjoyed hosting and co-hosting talk radio shows on nutrition and African American Community Entrepreneurship on WVON & WSSD in Chicago for 10 years, (1993-2003).

As a certified nutritionist and certified "microscopist," and in 2008 Michele co-founded 'Learn-2-Burn' Weight Management which taught teens and adults how to fight obesity by providing customized healthy eating programs, healthy snacks and supplements through this 90-day course. Learn-2-Burn was offered in conjunction with fitness programs provided by athletic trainers at Nexxt Level Sports located in Voorhees, New Jersey. Michele continues to develop holistic nutritional guides such as her Basic Wellness Evaluation Survey and utilize whole food products to promote optimal wellness along with her private nutritional practice which offers programs that anyone can take advantage of no matter their location. Also, as a founding board director of P.O.W.E.R. Ministries, Michele's passion for excellence in wellness is utilized by developing wellness programs and presentations for worship centers and various organizations. Her pride as a founding board member of Black Oaks Center is shared in Pembroke, IL, www.blackoakscenter.org, directed by Dr. Jifunza Wright, MPH, MD, her husband Fred Carter, is surrounded by nearly 40 acres which is dedicated to organic permaculture and teaching sustainable living to youth and adults in order to prepare for uncertain times and explore farming sustainability and opportunities in urban areas across the country.

Her newest product and projects include her first supplement which bears the Harmony Nutritionals' label and projects include bidding for projects that will allow her to provide education, entrepreneurial opportunities and farming consulting (with U.S. farming engineers) in Africa and specialty green projects within the U.S.

Michele founded Harmony Nutritionals International which sells organic whole food snacks and supplements and intends to conduct research and add product development in the near future. Along with holdings in affiliate companies, she co-founded Triple B Consulting in 2010. As a co-founder and Marketing Strategist, Michele coaches via her wellness ministry in the Midwest, East & West coasts. She has invested in her food science & systems research in 2013 in a 6 month sabbatical in South Carolina on the largest African-American farm [4000 acres] in the US. In 2014, Michele joined Life Leadership as a life coach so that it can serve as her foundational mantra in both business and personal endeavors.

She has one daughter among others whom she's unofficially adopted. Michele is passionate about effecting positive change in our society and believes everyone deserves to have optimal health.