

KENNON WESLEY MASON, H.A.P.P.

Nutrition & Wellness Consultant



In 2002, Kennon decided to step away from working odd jobs that were going nowhere and step into the realm of natural health & wellness by studying massage therapy as a vocational trade. He also received his national certification for massage therapy in 2004. In 2010, he became a certified Personal Fitness Trainer, and a certified Nutrition & Wellness Consultant, showcasing different ideas of how to create the habit of going back to the basics of choosing nature's organic foods to eat for living, versus choosing processed non-living foods for individuals that live to eat. In early 2011, he received his board certification for Holistic Psychology Practitioner.

This methodical discipline is a concept of thinking in which the subconscious is encouraged to let go of all the negative baggage of one's entire life, by reconditioning the neural-connections within the brain to think in a specific way through specific positive self-speech patterns and self-awareness of the emotional gauge. This starts to allow more positive energy to flow throughout the entire mind and body.