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Charlotte, North Carolina



jennaleerude PSA! Only chew your plant powder capsules if you are a hard core [@raisedonplants](#) baby and genuinely enjoy the taste of dehydrated, bitter, raw, unsweetened produce. Our two year old eats them like this but I would personally recommend swallowing the capsules, opening them up into a smoothie, or chewing up the soft chews. 😊

Our family is celebrating our 25th anniversary of discovering the power of whole food concentrates aka "plant powders." 🎉. Every single day for 25 years, in addition to eating a plant based diet, we've flooded our body with over 30 varieties of



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body with over 30 varieties of dehydrated fruits, veggies, and berries and now more recently the vegan omega blend or "orange" as Leea likes to call it.

I can't even begin to describe to you the immense blessing our "plusy" has been to us. The power of extra plants every day has allowed me to thrive in every aspect of my mental, physical, and emotional health. It helped me thrive as a 5 year old who used to suffer from severe eczema and ear infections, as a busy teenage student athlete, as a collegiate and professional dancer, as a world traveler, as a busy entrepreneur with big todo lists and dreams, as a pregnant mom to be,



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dreams, as a pregnant mom to be, as an exhausted new mom nursing at 3 am, and now as a family of three raising up the next generation of plant powered babies that will continue the legacy cycle all over again.

The power of plants is undeniable. We are well instead of sick, we have natural energy, we are mentally and physically strong, we feel confident in our immune systems, we have defied bad genetics full of chronic disease, and best of all, our little girl is celebrating almost 28 months of waking up every single day healthy and ready to play, learn and explore.

Our dream is for every single mama



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is celebrating almost 28 months of waking up every single day healthy and ready to play, learn and explore.

Our dream is for every single mama and child to experience what we have been blessed with. The peace of mind that your babies have enough plants in their bodies and that you're doing everything in your power to give them the best chance at true health from within. I'll never get tired of the stories coming in of the impact our [@hmspro](#) team is making. And I'll never get tired of Jake's face when he accidentally eats a second hand, slobbery capsule. 😂 [#raisedonplants](#)

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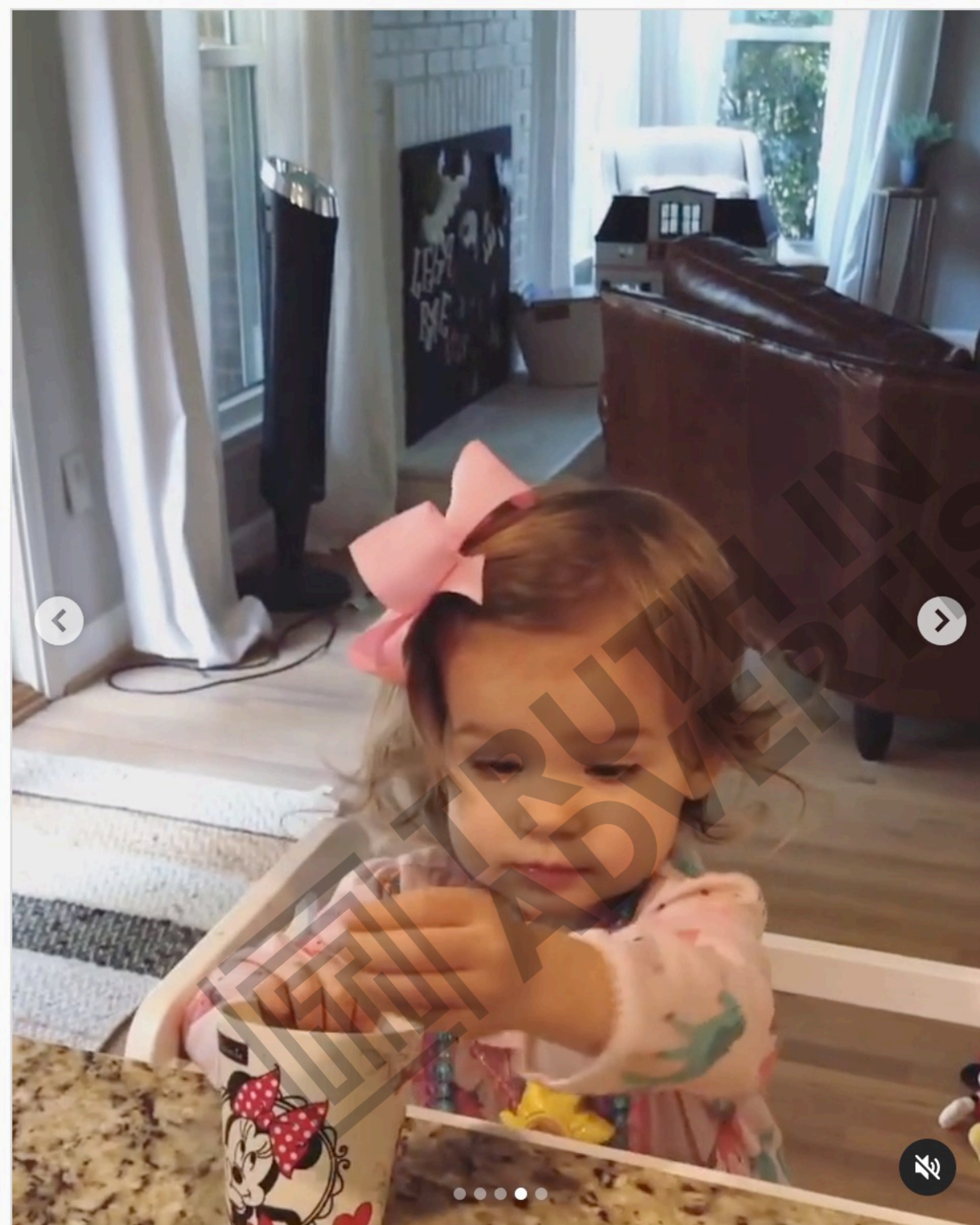
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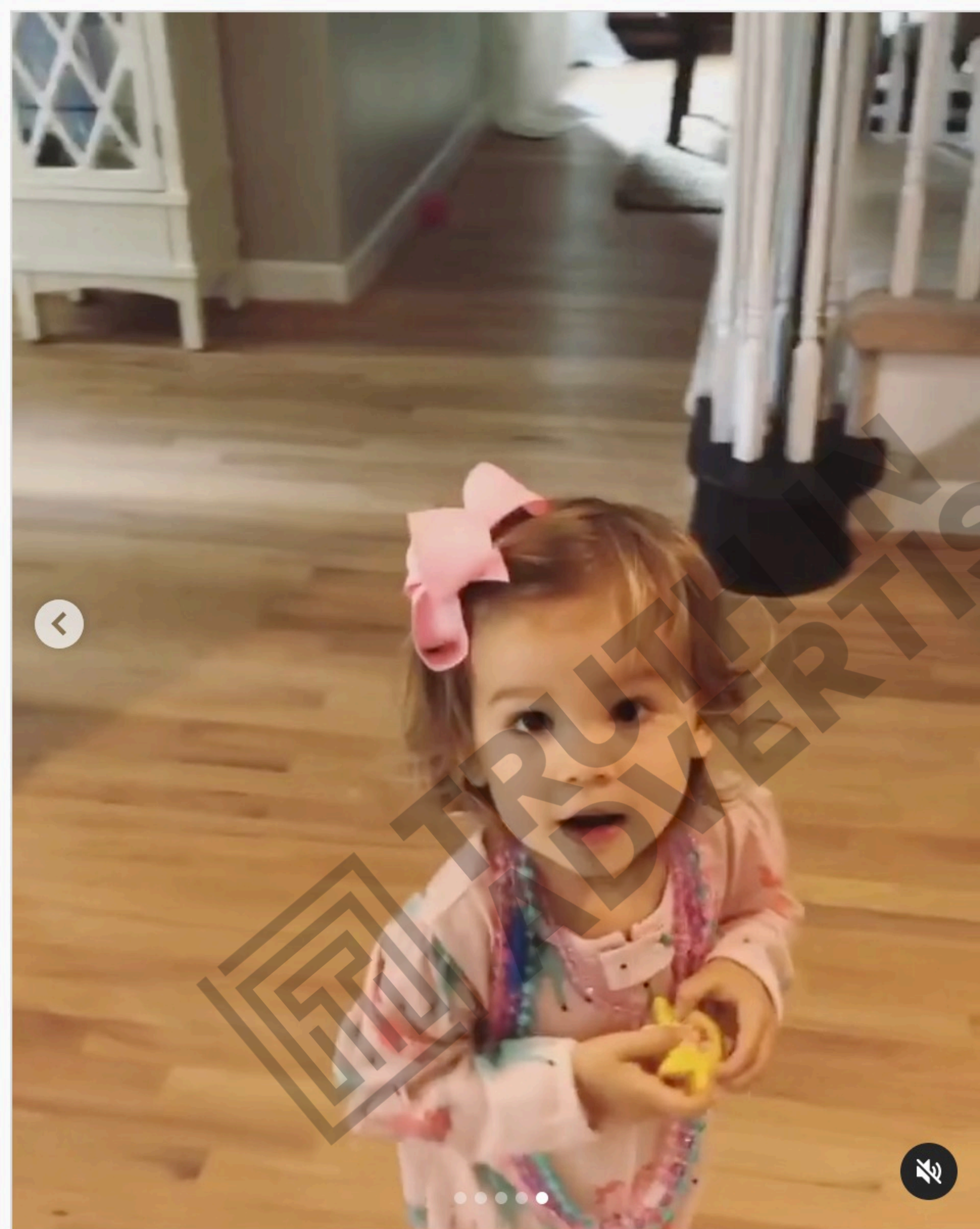
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