

SARA GAROFALO

INTUITIVE HEALTH & LIFE COACH | AUTHOR | ENERGY HEALER |



It's my mission to help you reconnect with who you are & live a fulfilling life

72K
Instagram

111K
Tik Tok

1.5 K
Newsletter

About Sara

Originally from Italy, Sara is your guide in your self-discovery & healing journey.

Sara is an Intuitive Life Coach, Spiritual Healer, and best-selling Author of *Mangia*.

She is your guide to creating a better life, helping you connect deeper with your true self, enhance your intuition, and connect with the Universe.

 @[love.holistic.living](https://www.instagram.com/love.holistic.living)

 @[loveholisticliving](https://www.youtube.com/loveholisticliving)

 [sara.jane.garofalo](https://www.tiktok.com/@sara.jane.garofalo)



Best Seller
amazon.com



Seen and heard...



MANGIA

A Blend Between Ancient Italian and Ayurvedic Cuisine for Mind, Body and Soul

Mangia is a cookbook like you've never seen before.

Italian food that's dairy-free, gluten-free, and good for your body, mind, and soul



Prepare to be transported to Italy, the majestic homeland of author Sara Garofalo. While growing up, Sara's meals centered around food, community, family, and dairy. Through her own healing journey, Sara studied Eastern Medicine to treat the root cause of the physical health issues and weight gain & help balance mind, body, and soul.

In this cookbook, you will learn how to blend pleasure with holistic medicine to create a better lifestyle for you and your family.



Connect with me

 [@love.holistic.living](https://www.instagram.com/love.holistic.living)

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 www.loveholisticliving.com