



NAWA Green Partner - CedarLane



Kristyne Twum is the CEO of **CedarLane Health Foods** and a Managing Partner of **LifeWellness Wholistic Center**, a sister company. She holds a

BScPharm degree from the Kwame Nkrumah University of Science & Technology and a Pharmacy Accuracy Certification in the UK. She was responsible for setting up the retail pharmacy at the 37 Military Hospital in Accra and setting up the first Hearing Center in West Africa.

Kristyne is also the Vice President of the Vegetarian Association of Ghana (VegGhana). She is dedicated to helping people transform their lives and **maintain a healthy lifestyle by fueling the body with the right nourishment.**



Kristyne's business partner, **Kolawole Braimah** is the Executive Director at CedarLane Health Foods and the CEO & Managing Partner of LifeWellness Wholistic Center, which facilitates physical, emotional, mental and spiritual wellbeing for clients. Kola is a Health & Wellness Consultant, Iridologist, Energy Healer, Life Coach and ABNLP Certified NLP Practitioner. All these practices involve **natural healing modalities** without the use of conventional medicines.

Kola became a full vegan in 2013 for health reasons. He believes that to fulfil his life's purpose he has to take care of his body, for it houses the soul. Kola serves as the President of VegGhana.

CedarLane provides a natural health alternative to allopathic medication (providing the same efficacy with minimal or no side effects and without drug interactions). Kristyne and Kola maintain that by moving away from conventional medications. Their **products are natural** and, because both of them are vegan, their products **contain no animal protein or dairy products.**

CedarLane is also striving to do its part in the fight to ban plastics: their branded products are **packaged in either glass or paper pouches.** They are encouraging vendors of other brands they stock to start using environmentally-friendly alternative packaging. They offer free **paper bags** at checkout and are currently sourcing a unique African print to make into **cloth bags** for customers to use and re-use every time they shop. Bamboo baskets are available for customers to use while shopping.

The **next step is to establish a bulk foods section** where customers can bring their own containers to purchase items. CedarLane uses an **AfriClay Pot** in the store to provide staff and customers with clean filtered water.



CedarLane also partners with the VegGhana for the first **eco-friendly vegan festival in West Africa.** Vendors at the festival are encouraged to **use eco-friendly products** such as bamboo, coconut shells, calabashes, banana leaves and other biodegradable products in lieu of plastic or rubber. The Association has also identified a UK company to provide **biodegradable containers** which they hope to implement at the festival this year.

Check out CedarLane's website: www.cedarlanehealthfoods.com

The shop is located at 7 Faanofa Rd, Kokomlemle (Mon-Fri 8:30am-7pm, Sat 10am-2pm) Purchases can be made online, via Whats App or in-store. Delivery available. Mobile money and cash-on-delivery are accepted modes of payment.