



# Asha Frost

Indigenous Healer ✦ Author ✦ Oracle Deck Creator

MEDIA KIT

A woman with long dark hair, wearing a teal shawl with a large bird design, stands in a field of colorful flowers (red, purple, white) at sunset. She is holding a glowing, translucent orb in her right hand. The background shows a line of trees under a warm, golden sky.

# *media request*

## CHECKLIST:

- Are you familiar with my work?
- Have you read my book, "You Are the Medicine"?
- Have you interacted with my Oracle Deck?

Asha only does podcasts with folks who have met these 3 requirements.



# Asha Frost



## BIO:

Asha Frost is an Indigenous (Ojibwe) healer, best-selling author, speaker and guide. She has a degree in Psychology and Homeopathic Medicine and draws on her ancestral knowledge and innate Gifts. Asha has become a prominent figure in the field of Indigenous healing, garnering recognition on both local and international platforms. She has created transformative experiences for thousands with her heart, profound wisdom and unwavering dedication to her heritage.

As an author, Asha has eloquently captured the essence of Indigenous wisdom in her written words. Her book, *You are the Medicine and deck, The Sacred Medicine Oracle* are powerful testaments to the healing potential that lies within us all. She loves sharing her medicine in powerful ways through ceremonies, workshops, and speaking events.

With her insightful storytelling and compassionate voice Asha has succeeded in bridging the gap between traditional Indigenous wisdom and the modern world, offering guidance and inspiration to a diverse audience seeking personal empowerment.

Her work serves as a guiding light, reminding us all of the power of the medicine that lies within. Asha lives on her ancestral territories, with her husband and two boys - the ones who remind her that she is made of stardust.





## SHORT BIO:

Asha Frost is an Indigenous Medicine Woman, and the international best-selling author of *You are the Medicine*, *The Sacred Medicine Oracle*, and *The Animal Elders Oracle*. She has a degree in Psychology and Homeopathic Medicine and has guided thousands of people through profound and lasting transformation as a keynote speaker, healer, homeopath, and ceremonial guide.

Asha holds membership at Chippewas of Nawash First Nation and is a mama of two boys with whom she walks gently upon the earth. She loves sharing her Medicine in powerful ways through ceremonies, teachings, and speaking events. Through this work, she loves seeing people reclaim their roots, find their healing wisdom, and rise into their power.

## SOCIAL MEDIA:



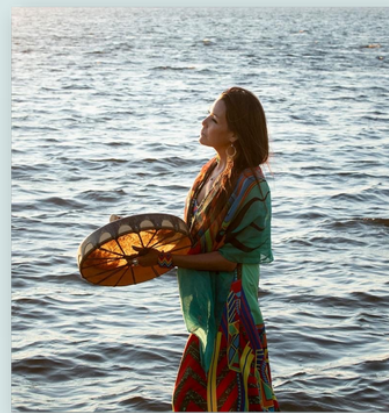
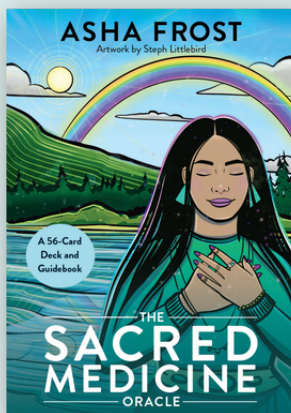
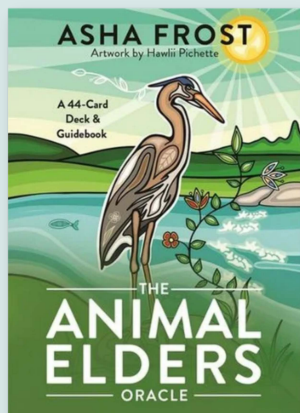
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