

Afya Ibomu

Biography

Afya Ibomu is the CEO of NATTRAL.com, *Natrral* Magazine and has been a vegetarian since 1990. Her third book, [*The Vegan Soul Food Guide to the Galaxy*](#), was nominated for a 2010 African American Literary Award for cookbook of the year. Afya is a Certified Holistic Health Counselor and holds a bachelor's degree in nutrition. She is also the author of the [*Get Your Crochet On!*](#) pattern book series which has sold over 20,000 copies. Afya is a celebrity nutritionist and crochet designer working with hip hop artists such as Erykah Badu, Common, Dead Prez and Talib Kweli. She currently lives in Atlanta with her husband, stic.man of Dead Prez, and their nine-year-old son Itwela.

