

AS SEEN ON

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FOX

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— Faith & Freedom

Shemane Nugent

Best-Selling Author & TV Host

130K

Podcast Downloads

350K

Rumble views
in the last 90 days

5.1M

Social Media views
in the last 90 days

**20
24**

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About Shemane

As a New York Times best-selling author, documentary filmmaker, and host of Faith & Freedom, Shemane Nugent has become a powerful voice in the realms of faith, fitness, and wellness.

With millions of views on social media—including a staggering 6.3 million on one video—Shemane's influence continues to grow as she shares her message of holistic health and unshakable faith.

Her Faith & Freedom show has featured an impressive lineup of high-profile guests, including Donald Trump Jr., Governor Mike Huckabee, Kash Patel, Charlie Kirk, Rep. Byron Donalds, Ted Nugent, Lara Trump, Monica Crowley, Tom Homan, John Rich, Eric Metaxas, and Kirk Cameron.

With 40+ years as a fitness expert and advocate for natural wellness, Shemane shares faith-based health strategies for busy lifestyles.

After **surviving a life-threatening illness caused by toxic mold**, she turned to natural remedies and functional medicine, transforming her life and mission. She went on to become an International Zumba® Fitness Presenter teaching and training hundreds of thousands worldwide.

As an award-winning television host and producer of Ted Nugent Spirit of the Wild, Shemane promotes wildlife management, conservation, and a healthier lifestyle through hunting and living off the land.

When she's not sharing wellness tips or interviewing celebrities, you can find Shemane savoring chocolate, chasing sunsets, skiing fresh powder, or spoiling her dogs—because life is sweeter with adventure and unconditional love.

Talking points

Overcoming Illness: Shemane's journey from toxic mold exposure to recovery through natural remedies.

Natural Healing: Sharing health and wellness tips from 40+ years of experience as a fitness instructor and with functional medicine.

Faith and Transformation: How partnering with God helped Shemane turn her life around.

Hunting Lifestyle: As a bowhunter for 35 years, Shemane can discuss why hunting is essential for wildlife management, conservation, and a healthier lifestyle

Empowering Others: Her mission to inspire happier, healthier lives through her books, podcasts, and media.

Strong Faith, Strong Nation: Advocating for faith and resilience to strengthen both individuals and the nation.

Featured guests



Donald Trump Jr.



Mike Huckabee



Kash Patel



Charlie Kirk



Byron Donalds



Ted Nugent



Lara Trump



Monica Crowley



Kirk Cameron



John Rich



Eric Metaxas



Tom Homan



Helpful info

Offerings

[Abundantly Well Book \(Pre-Order\)](#)

This 40-Day journey provides you with daily inspiration to help you overcome doubt and inhibitions about aging and ignite passion for living well at any age. You'll break strongholds like overcoming cravings the enemy uses to discourage you. For those who are too busy, Shemane will help you find a few extra minutes for exercise. You'll lean into scripture that supports health and wellness so you can continue to do God's good work.

[Killer House Documentary](#)

[Killer House Book](#)

[Watch Faith & Freedom on Real America's Voice](#)

[Watch Faith & Freedom on Rumble](#)

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