

# SHAWNA CORONADO

Grow, eat, and walk your way to a wellness lifestyle!

## Garden Clothing Review

GARDEN



When I first began the journey with spinal osteoarthritis treatment, I was in tremendous pain. The most obvious thoughts on my personal healing agenda were how to exercise and strengthen my body in order to have less pain and how to eat better so that my inflammation would go down. These two categories became my focus points. As I began sharing this story publicly I received hundreds of notes from women who suffer from chronic conditions other than spinal-related pain and these people shared their stories privately with me. They all requested answers for every day concerns outside of gardening and food, like how to use kitchen tools, how to clean, how to dress, how to walk, and how to drive with less chronic pain. Today's garden clothing review is in response to these ladies who need answers with your chronic pain conditions.

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### MEET SHAWNA



Hi there, welcome to my website. My name is Shawna Coronado. I am a wellness lifestyle advocate, professional author, photographer, and media host who campaigns for social good. I have a "make a

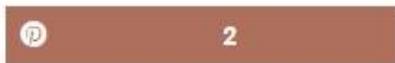


## Rosies Workwear Review

Next let's chat about the [Rosies Workwear Overalls in Eggplant](#) – WOW WOW WOW! My review on this product is over-the-top positive. These overalls are perfect for any season because YOU CAN ZIP THE LEGS OFF and turn them magically into capri-overalls. I LOVE THIS FEATURE! Typically overalls are too heavy or too long. This overall is the "Short Small" size and as a woman who lost two inches because of my spinal osteoarthritis, I'm deeply appreciative of the fact that the crotch of the overalls are not down to my knees.

[Rosies Workwear](#) fits well and better yet, you can snap the bibs together while you are not wearing them and then step into the pants legs and slip the bibs up over your shoulders without having to squeeze your hands tight or hurt your back. This is perfect for my osteoarthritis condition and I know it would be helpful for so many of you with chronic pain as well. These overalls are tough, but made for a women's figure. The overalls are made for hard work in the garden as well and wash very well. These clothes are great if you are a professional landscaper or horticulturist or especially an ordinary every day gardener. I think these overalls are far more than fashionable; they are built durable for REAL work in the garden by REAL gardeners who have issues and concerns about being active.

Both [Rosies Workwear](#) and [Boody Eco-Wear](#) get an “A” review after I put them through the Shawna-marator garden clothing review experience. My advice on both the clothing pieces is to wash them following directions and be sure to hang them to dry to increase their life and wear value. Very special thanks to both Rosie’s and Boody for sending the clothing out for me to test.



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