**LONG BIO**

Dr. Yembe’s passion is to help and inspire all individuals to reach their highest level of health, wellbeing and success using effective and proven strategies from her personal and professional experiences.

She is a Board Certified Family Medicine Physician practicing general medicine and emergency medicine in Louisiana.

Dr. Yembe was born in Cameroon, Africa and graduated from the university of Lagos, Nigeria with a Bachelor (Honors) Degree in Biochemistry. She went to medical school in The University of Milan, Italy. She later on completed an internship in Transitional Medicine in Howard University Hospital in Washington DC. and a Family Medicine Residency training at LSU Conway Hospital in Monroe, Louisiana, and was nominated Resident of the Year.

She is also a very passionate philanthropist who founded the Omer Yembe Foundation responsible for bringing healthcare to about 4,000 poor people in remote Cameroon, Africa since 2015. This was accomplished through medical mission trips and by establishing a small rural clinic/short stay hospital facility. Her education scholarships sponsored about 100 orphan children. Sadly, her efforts had to stop because of inaccessibility due to a civil unrest in that country.

As a result of her 15 years in medical practice, she has touched the lives of over 100,000 patients and their families and has successfully guided thousands of individuals in her practice as well as her coaching clients into better health.

Throughout her life, Dr. Yembe struggled with obesity. Born at almost 10 pounds, she grew up overweight and into an obese adult. She was mocked and bullied as a child, insecure and self-conscious as an adult.

she tried every diet available to her. But when the results that were "guaranteed" did not happen, she became frustrated, gave up and gained even more weight. In her early 30s, along came her two beautiful daughters and it seems like thereafter, the excess weight just stuck.

January 26th 2010, her life was changed forever. She lost her youngest brother and amidst of tears of anguish she begged God never to allow her dad to burry another child. So she finally made up her mind to loose the weight for good. She followed all the healthy diets and exercises. That didn't work so she hired a personal trainer and after no results, she changed personal trainers and kept struggling. Seven years later and after, two marathons, many half marathons and multiple 5Ks and four personal trainers later, she has back at her starting weight.

By this time, she had crossed the age of fifty and Mrs. Menopause was here and it seemed like everything slowed down.

Not the one to give up, she changed plans and dug deep into why's and how's of weight loss. That was when she realized that many of the things that she thought were the right things were actually the wrong things. She applied all the tips and strategies that she had learnt over the past 9 years. It worked.

She has basically demystified, debunked and condensed all that she learnt about weight loss into a SIX STEP METHOD called The EVOLVE Method. The way she coached others on weight loss changed. It didn't matter whether they were male, female, young or old, those who were willing to put in the work, succeeded.

Dr. Yembe is also a national and international John Maxwell certified Speaker, Mentor and Coach who works with individuals and groups. She was the 2019 Oschner LSUHCS Monroe, Family Medicine Residency Graduation Commencement Speaker. She has appeared on Fox 14 TV and NBC TV as well as multiple radio and podcast shows.

Dr Enaka Yembe is a mother of two beautiful girls in college, a marathoner who loves personal development, traveling, dancing, cooking and taking care of her garden

**Short Bio**

Dr. Enaka Yembe, a Louisiana-based Board Certified Family Medicine Physician. She is founder and CEO of the American Stat-Care centers that served Louisiana and Texas from 2006 to 2015 and 2016 to 2017, respectively.

Dr. Yembe was born in Cameroon, Africa. She obtained a Bachelor Degree in Biochemistry from the University of Lagos, Nigeria, and then .completed her medical education at The University of Milan, Italy. She later on completed a Family Medicine Residency at LSU EA Conway Hospital in Monroe, Louisiana.

Dr. Yembe, single mother of two college students, and a philanthropist who has overcome multiple major life challenges including divorce, obesity, and disability..

She is a national and international John Maxwell certified Speaker, Mentor and Coach who works with individuals and groups. Dr. Yembe was the 2019 Oschner LSUHCS Monroe Commencement Speaker. She is author of the Amazon number 1 best seller Grow to SUCCESS; Co-author of two bestsellers, Success Chronicles and 20 Beautiful women, Africa Edition. She is also a co-leader ad co-author of the Amazon number 1 best seller book; Beyond Challenges. She has been seen on Fox 14 TV and NBC TV.

She is a marathoner, loves anything personal development, travelling, dancing, cooking, gardening, taking care of her garden.