

A person with long dark hair, wearing a blue jacket and a dark cap, is sitting on the edge of a large, reddish-brown rock formation. They are looking out over a vast canyon where a river winds through the landscape. The sky is filled with dramatic, golden-hued clouds, suggesting a sunset or sunrise. The overall scene is one of natural beauty and tranquility.

CAROLYN SCOTT
The Healthy Voyager

By Carole Audet

Carolyn Scott is spreading the vegan message in ways that are outside the box. She experiences thrilling adventures, fascinating people, and vegan eats as she's travelling the world, and she shares her passion with viewers via her show, *The Healthy Voyager*. She provides services ranging from travel industry consulting to wellness coaching, and she fully embodies what it means to earn a living by following her bliss. Originally from Florida, she's been an Angelino for as long as she's been vegan.

The multi-coloured pins on a world map identify almost 150 countries that this globetrotter has explored as of the fall of 2023, locations where she makes connections, films her show, consults with businesses, and develops menus and recipes for restaurants. Lucky for us, she shares her vegan adventures with the world.



Photo by Carolyn Scott

Most recently, Carolyn returned from a working trip to Ruidoso, New Mexico. This was her second time in this small community, having filmed her show there in July. During that initial trip, she connected with the tourism board and ate at several restaurants where she noticed their plant-based options were limited. She spoke up and was hired to bring this ski resort town into the 21st century when it comes to their offerings for a growing



Photo by Thomas Worth

vegan population.

She hosted a restaurant symposium and demonstrated, with dishes she prepared for them, how they could easily add vegan and gluten-free options to their menus. "I had a conference with the local restaurants and helped them come up with some dishes and offerings for special-diet folks."

Vegan for 25 years, Carolyn shifted to a plant-based diet for her health after reading the book called *Fit for Life*. "It was written in the '70s and wasn't about being vegan, but it talked about food combining and what animal products do to your body. It was so early in the space that I was the only person I knew eating the way I was, and there weren't many options at all. I decided I wanted to do it correctly, so I ended up getting my master's in holistic nutrition and going to culinary school. Now, 25 years later, it's too easy to be vegan."

When Carolyn started her business, she worked as a holistic nutritionist, but that has shifted over the years. "It was the foundation of what started me on what I'm doing now. The flagship of my brand is my travel show, which I launched because travelling as a vegan was difficult early on. I thought there needed to be a resource for people—not necessarily just vegans, but people who follow a special diet. I wanted to prove that no matter your dietary restriction, you could explore the world without having to worry about it."

The travel shows she was seeing at the time—eating

bugs or monster-sized burgers—were not providing the resources needed for people who want to maintain a healthy diet while away from home.

“I launched it in 2006. I started pitching it around, but it was way too early in the space. I had several networks say, ‘What a great idea, but we don’t do healthy.’ So, I thought, I’m going to do it myself. I had my own PR firm, so I knew how to build a brand, and I launched it on my own. There was no social media at the time. I just threw it out there into the void, and I was able to create a following.”

When social media platforms started popping up, Carolyn jumped on board right away. Social media helped her to grow her brand and be recognized for her expertise. In conjunction with the travel show, she launched a blog—also the early days of blogs—where she provided tips and recipes.

Her show is now on the GoTraveler app, available for anyone to download for free. Carolyn’s show is the only vegan programming on the app, and you can watch six



Exploring the beauty of the Seychelles. Photo by Carolyn Scott.



episodes now with more to come. Some of her experiences include taking part in a white-water rafting adventure in Croatia and being transported in a hot air balloon over the unique rock formations of Cappadocia, Turkey.

The cities and sites she visits are well-researched and viewers are bound to learn a thing or two when watching her show. She writes, produces, directs, and narrates the episodes, and some of the footage is shot using her phone, for example, as she’s careening down a river.

Carolyn takes every opportunity to network, which helps support the programming and often leads to additional work. She connects with tourism boards, hotels, and restaurants and they are featured in the episodes.

As a result of her extensive travels, she developed *The Healthy Voyager’s Global Kitchen*. This updated 10th Anniversary Edition includes 175 recipes for veganized versions of dishes from Greece, Colombia, Japan, and the Caribbean, to name a few. The recipes also provide alternative ingredients if you wish to tweak them for your particular dietary needs, such as gluten-free, soy-free, or low-fat.

There are still many countries on her wish list; future travel could include the Philippines, Bhutan, and parts of India she’s yet to explore. She stays away from typical tourist destinations and prefers to be immersed in culturally interesting places. Despite not being a cold-



Photo by Carolyn Scott



Photo by Thomas Worth







weather person, many countries with long and often harsh winters have been among her favourites, such as Scandinavia, Finland—including Lapland which is its northernmost region, Iceland, and Russia. She's even been to the North Pole.

"A lot of Americans don't get to go to Russia. I found it extremely interesting. I made many friends and I had so much fun. Sadly, because of politics, people think otherwise, but I'm glad I went and got to see a side of places that a lot of people don't." She goes on to share that there's a significant vegan movement in Russia, and Moscow in particular is a progressive city.

She also found Namibia interesting. "On the west coast of Namibia, it's German settlements, so it's funny to see a cute European-looking town on the water. The sand dunes are cool, and it's different from North-Eastern Namibia, which is more safari. It's a very interesting country. It's different from most of its counterparts outside South Africa. I find South Africa kind of boring. I like the funkier parts of Africa."

When she's not filming her show, she consults for a wide variety of organizations. "I've worked with the Air Force—I've gone to bases around the world, theme parks, cruise lines, hotels and I've been able to help develop menus and recipes and train their staff on how to add dishes to their menus and help their special-diet guests. I did all the vegan and gluten-free menus for Knott's Berry Farm theme park; they were the first theme park in the country to offer that. That was my first big fish, veganizing a theme park."

Before her current career trajectory, Carolyn held many roles over the years, all of which have given her the skills and experience necessary for succeeding on her entrepreneurial journey and consulting with others to help them create and grow their brands. She's also been an event planner, and worked as a publicist, once running her own agency, a skill she puts to use for business growth now.

She's added professional speaking engagements to her portfolio and has been invited to speak at corporate events, conferences, and the Natural Products Expo West. "The Expo West is held here in Anaheim, and they do Expo East in Maryland, DC. Every single natural product company is there and every cool vegan product

launches there."

Something unrelated to the vegan side of her business is her Christmas novel. "I wrote the screenplay a couple of years ago because I was stunned that there's no Mrs. Claus origin story, especially in this environment where we want female protagonists. I thought Mrs. Claus needed a story, so I came up with it and wrote the screenplay."

Thinking that the screenplay may not be produced any time soon, she decided to share the story as a novel and launched it last year shortly before Christmas. So close to Christmas, it didn't get much exposure, so she's working hard to promote it this year. Ultimately, she would love for the story to be turned into a movie.

Out of the many hats she wears, she finds it difficult to choose her favourite. "I think the travel stuff is my favourite, creating the travel show and the cool places I



get to go, the experiences I have, and the people I meet."

Carolyn's success is much deserved, and she continues to work diligently and consistently to develop her brand. She's carved out a niche for herself and created a way to earn a living that many of us dream about. Join her on exhilarating adventures around the globe on *The Healthy Voyager*.

