

Corporate Hippie Oracle

VOL. 01

Bio-hacked by Nature

with Debra Ebel

EDGE | FREQUENCY | REBELLION

A collective of conscious authorities shaping what's next.

There comes a moment when the old rules stop working. When success without soul feels hollow. When the body asks to be listened to. When truth gently, and sometimes loudly, calls for a new way.

Corporate Hippie Oracle was born from that moment.

Years ago, I created Corporate Hippie Connection as a space for conscious leaders to remember who they are beneath the roles, the titles, and the expectations. It became a living community rooted in embodiment, reverence, and real life transformation. And like all things that are alive, it evolved.

From that evolution, this Oracle emerged.

Not as a magazine, but as a transmission.

A place where wisdom is shared. Stories are honored. And leadership is expressed through alignment, courage, and heart.

Kerry Romano Zall
Founder & Editor in Chief

I have lived the paradox.

Years in corporate leadership, alongside a deep devotion to spirit, nature, and intuition. I was the one bringing humanity into boardrooms, grounding into strategy, and soul into systems that had forgotten it.

This Oracle exists for those who walk that same edge.

Inside these pages, you will meet individuals who are wildly skilled and deeply rooted. Leaders, creators, and healers who have earned their wisdom through experience, loss, devotion, recovery, and remembrance. Each voice carries a different medicine. Each story offers a different key.

Our inaugural cover features Debra Ebal. A woman who embodies what it means to age defiantly, live vibrantly, and heal from the inside out. Her work reminds us that our greatest healers have always been with us. The sun on our skin. The earth beneath our feet. Movement that awakens the body. Love that restores. Faith that sustains.

Corporate Hippie Oracle is an invitation.

To remember who you are.

To follow the frequency that feels like home.

To rebel gently and boldly against anything that dims your light.

Thank you for being here.

Thank you for choosing depth over noise.

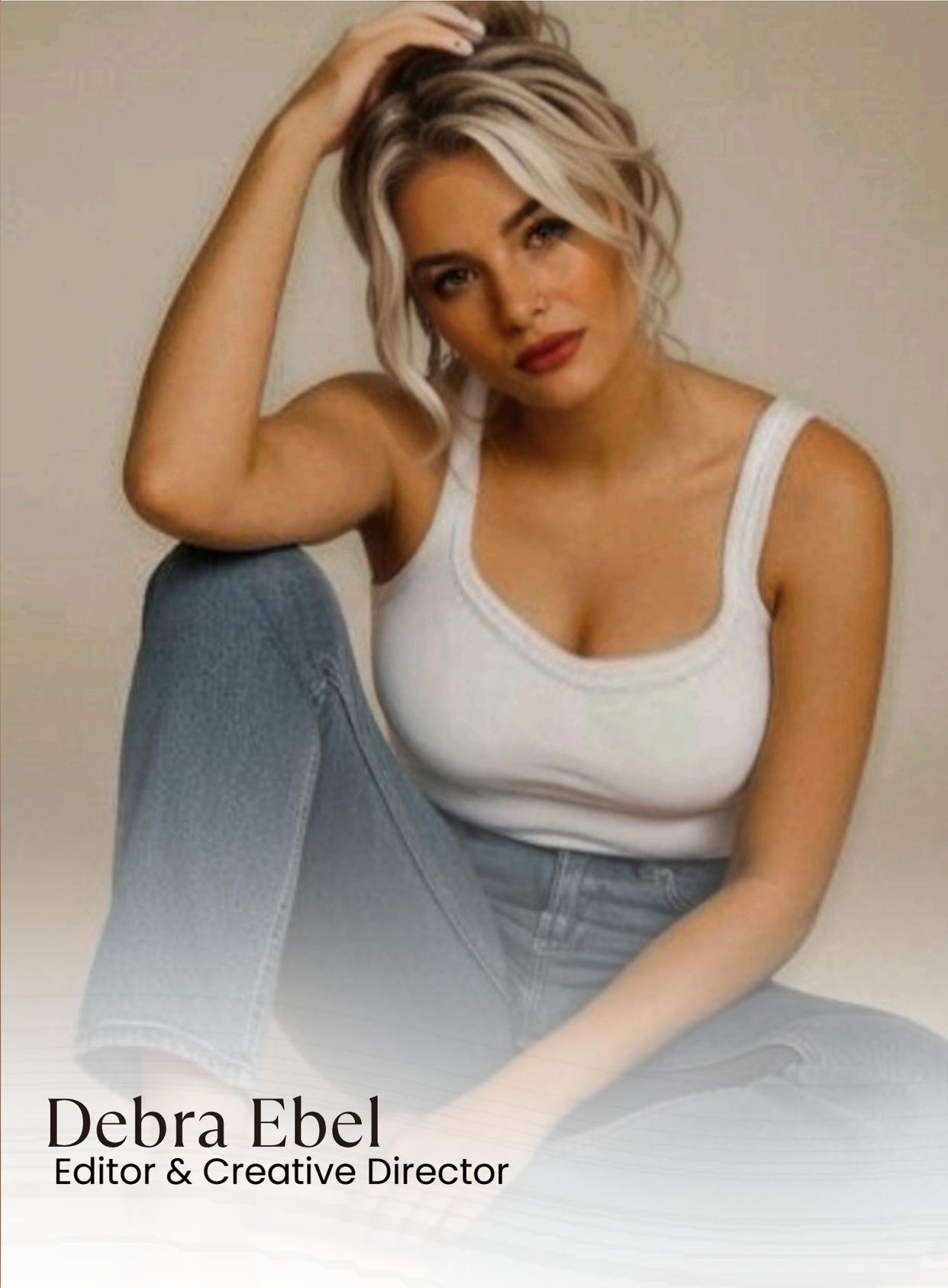
And thank you for walking this path with us.

With gratitude and reverence,



Kerry

This is a reading experience meant to be felt. Inside these pages, you don't just read—you remember. Each feature is designed to activate curiosity, expand perspective, and invite you into a slower, deeper, more intentional way of living and leading. This is a reading experience meant to be felt in your body, trusted in your gut, and carried back into your everyday life.



Debra Ebel
Editor & Creative Director

Where Business Meets Soul

BIO-HACKED

by **NATURE**

AGING DEFIANTLY. LIVING VIBRANTLY.
HEALING FROM THE INSIDE

I didn't lose myself at thirty-five.
That's just when I noticed the silence.
The quiet hum of a body running on
empty.

The mirror that stopped reflecting
recognition.

The breath that felt shorter
even when life looked full.

I was everything to everyone.
Mother. Builder. Caretaker. Climber.

Except mine.

They told me this was aging.

That exhaustion was normal.

That weight gain was inevitable.

That fog was just part of the deal.

So I swallowed the prescriptions.

I followed the protocols.

I trusted the experts.

Until loss changed the frequency of
my questions.

Until I watched love disappear
not from disease
but from the cure.

And something ancient in me woke
up.

Not angry.

Awake.

by **Debra Ebel**

“I stopped chasing weight loss and started building metabolic health.”



I never imagined that in my sixties I would become a voice in the health and beauty space, much less a woman comfortable in her body and her power. For decades, I avoided mirrors and moments that required me to be fully seen. I showed up for everyone else. I mastered responsibility. I survived. Somewhere along the way, I lost myself.

It wasn't at 35 that life began. vol. 1
It was at 35 that I realized I had disappeared.

Motherhood, career climbing, and caretaking made me the strong one, the reliable one. My body and energy became secondary—until my body demanded attention. Early menopause after an emergency hysterectomy brought hormonal collapse, weight gain, exhaustion, and sleepless nights. I was told it was normal. Aging. Womanhood.

I didn't believe that was the full truth.

Loss changed everything. Watching someone I loved fight cancer inside a system that treats disease but rarely fortifies the body forced me to ask better questions. That was the moment I stopped outsourcing my health. I didn't reject medicine. I reframed it. I began studying ancestral practices, functional nutrition, circadian biology, minerals, nervous system regulation, and movement that supports aging rather than punishes it.

Slowly, everything shifted. Stress softened. Inflammation eased. Sleep returned. Strength rebuilt. Confidence followed.

If this story stirred something in you, listen to it.

If you feel the nudge to do health differently, honor it.

You don't need to burn down your life. You just need to begin asking better questions.

“I stopped chasing weight loss and started building metabolic health.”



This wasn't anti-medicine.
It was pro-body.

I learned that our most powerful doctors are simple and ancient: sunrise light, the earth beneath our feet, nourishing food, strength-building movement, breath, faith, and rest.

This is bio-hacking in its oldest form. ^{vol. 1}

Listening.
Supporting.
Remembering.

Aging isn't the enemy. Disconnection is.

Today, I live differently. I move daily. I lift heavy things because strength is longevity. I honor light, sleep, minerals, protein, and hydration. I care for mind, body, and spirit as one system.

Yes, I look different.
But more importantly, I feel alive.

This isn't about reversing age.
It's about redefining it.

This is the Corporate Hippie way.
Grounded in science. Guided by nature.

Start with one habit. One walk at sunrise. One meal rooted in whole foods. One decision to partner with your body instead of fighting it. And if you want guidance, conversation, or support on this path, reach out. This isn't a solo journey. We heal better together.

Aging defiantly is a choice.
Living vibrantly is a practice.
And your body is ready when you are.



“Success without
alignment is exhaustion.
Alignment is the new
wealth.”

-Kerry Romano Zall

THE ORACLE SPEAKS

ApotheKerry

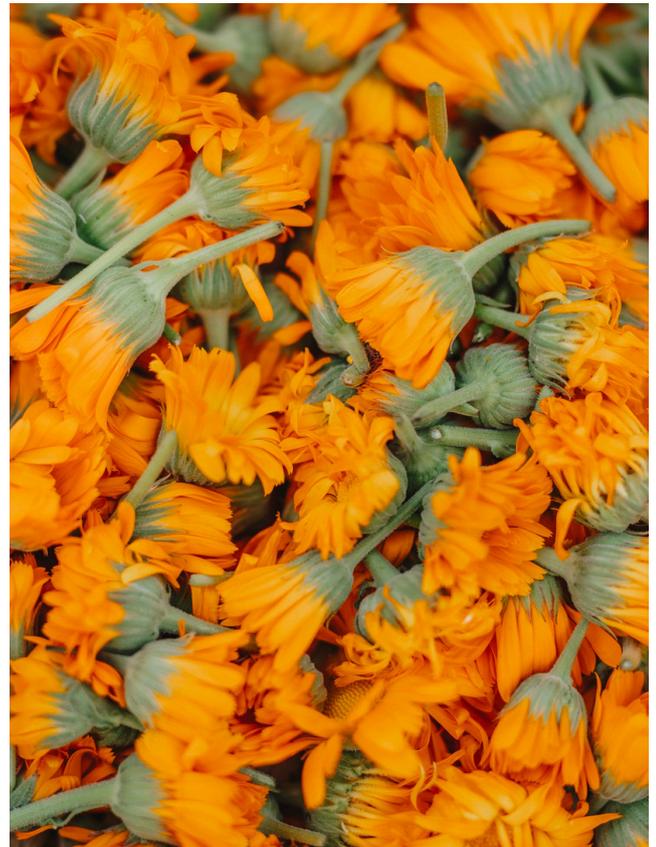
A LIVING HERBAL ORACLE

ApotheKerry is where ancient plant wisdom meets modern embodiment.

It is not a show. It is a remembrance. Rooted in the land and guided by intuition, ApotheKerry reintroduces herbs as allies, teachers, and healers. Each feature invites relationship, not consumption. These plants are not trends. They are elders.

Here, we slow down.
We listen to the earth.
We remember how to tend ourselves the way the land has always tended us.

ApotheKerry is herbalism without overwhelm.
Wisdom without gatekeeping.
Medicine made human.
Its purpose is simple and profound.
To walk people home to their bodies, their rhythm, and their inner apothecary.



ApotheKerry

THE GUIDE

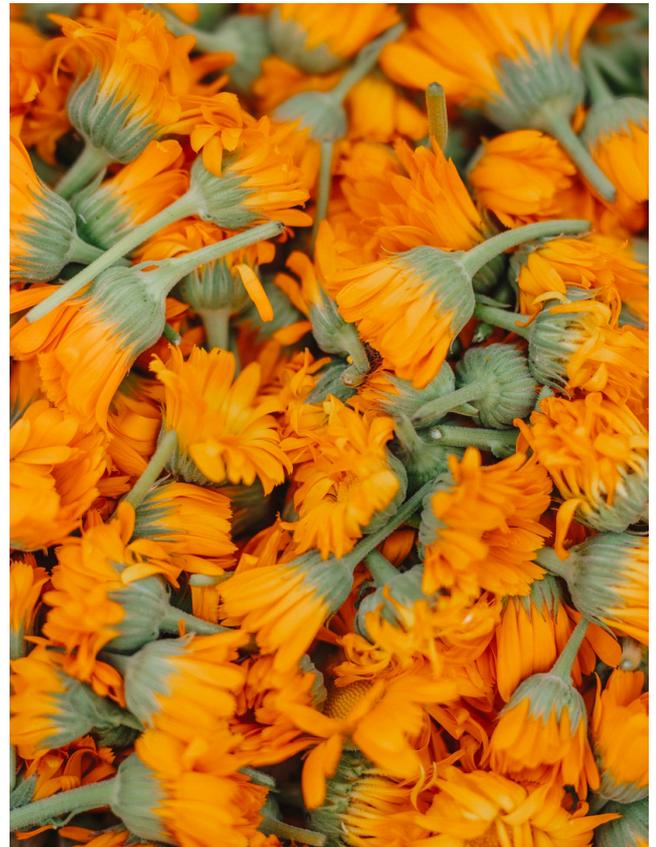
ApotheKerry is guided by Kerry Romano Zall, founder of Corporate Hippie Connection, herbalist in practice, and devoted student of the land.

Kerry teaches from relationship, not theory.

Years spent cultivating medicinal herbs, working hands in soil, listening to plants, and walking people home to themselves inform every ApotheKerry feature. Her role is not to stand above the medicine, but to translate ancient wisdom into lived, modern integration.

In ApotheKerry, Kerry serves as a bridge.

Between earth and human.
Between intuition and embodiment.
Between remembering and becoming.



Feature plant ally: Calendula

Calendula, often called pot marigold, is a solar healer. Bright, resilient, and quietly fierce, this flower carries the frequency of restoration through gentleness.

Calendula does not force healing. It invites it.

Honored across cultures for its support of skin, lymph, digestion, and emotional soothing, Calendula reminds us that softness is not weakness. It is intelligence.



[Click to Listen to the ApotheKerry on Spotify.](#)



Kerry Romano Zall

Founder,

Corporate Hippie Connection

CALENDULA BENEFITS

Physical Body

Supports skin repair and renewal. Soothes inflammation and irritation.

Assists wound healing and tissue regeneration.

Encourages healthy lymphatic movement.

Calms and supports the digestive tract.

Calendula is especially supportive for sensitive systems and bodies that require care without aggression.

Emotional and Energetic Body

Offers a comforting, mothering frequency.

Supports emotional integration after stress or trauma.

Softens hardened places created by burnout or overgiving.

Restores a sense of safety within the body.

This is a flower for those who have carried strength for too long.



Feature plant ally: Calendula

CALENDULA AS A TEACHER

Calendula teaches that healing does not need to hurt.

That brightness and depth can coexist.
That resilience can be gentle.

It reminds us that tending the small things daily is where true medicine lives.



Kerry Romano Zall

Founder,
Corporate Hippie Connection

WHY CALENDULA BELONGS IN THE CORPORATE HIPPIE ORACLE

Calendula embodies the CHO ethos.

Natural wisdom.

Accessible healing.

Gentle power.

Sacred practicality.

It bridges earth and skin, emotion and embodiment, ritual and real life.

Calendula does not shout.

It shows up.

And that is the medicine.



[Click to Listen to the ApotheKerry on Spotify.](#)



Awaken presence in every sip.

Experience the pure energy and mindful focus of Emerald Ceremony™, a ceremonial-grade Japanese matcha crafted for elevated rituals and daily moments of clarity. Sourced from shade-grown *Camellia sinensis* tea leaves and stone-ground to a fine, vibrant powder, this matcha delivers a smooth, naturally sweet umami flavor with every whisk.



**experience it today scan this code or visit
corporatehippieconnection.com**

The Corporate Hippie Oracle

The Corporate Hippie Oracle is a living transmission of conscious leadership, plant wisdom, embodiment, frequency, and modern spirituality. Each issue features highly skilled guides, influential voices, and cultural leaders who walk their talk. From respected healers and industry innovators to globally recognized influencers and aligned public figures, the Oracle curates voices that move humanity forward with integrity and heart. This is not content for consumption.

It is wisdom for integration. Within these pages, you will find medicine for the body, clarity for the mind, and remembrance for the soul.

ENTER THE COMMUNITY

If you feel the pull to go deeper, you are invited into the Corporate Hippie Connection community, a living room for conscious humans, creators, leaders, and change makers. This is where conversations continue. Where tools are shared. Where belonging is felt. Join us at: corporatehippieconnection.com

GET INVOLVED

The Corporate Hippie Oracle is a collaborative platform. If you are a highly skilled practitioner, influencer, or public figure aligned with conscious living and embodied leadership, opportunities to contribute and be featured are available.

If you are interested in booking as a guest for your platform, podcast, or event, or for media inquiries, please contact. All contact information and submission details are available on the website corporatehippieconnection.com

With Gratitude,
Kerry Romano Zall
Founder
Corporate Hippie Connection



Kerry