

NATHAN CRANE



American



Director



Producer



Editor



Plant Powered Athlete

Nathan Crane is an internationally recognized holistic health professional, bestselling author, 20x award winning documentary filmmaker, and meditation teacher. With 20 years of experience in holistic health research and education, meditation, and scientific approaches to health and spiritual awakening, Nathan has not only conducted more than 10,000 hours of personal health and wellness research and over 500 hours of interviews with world leading Doctors and health experts, but has nearly



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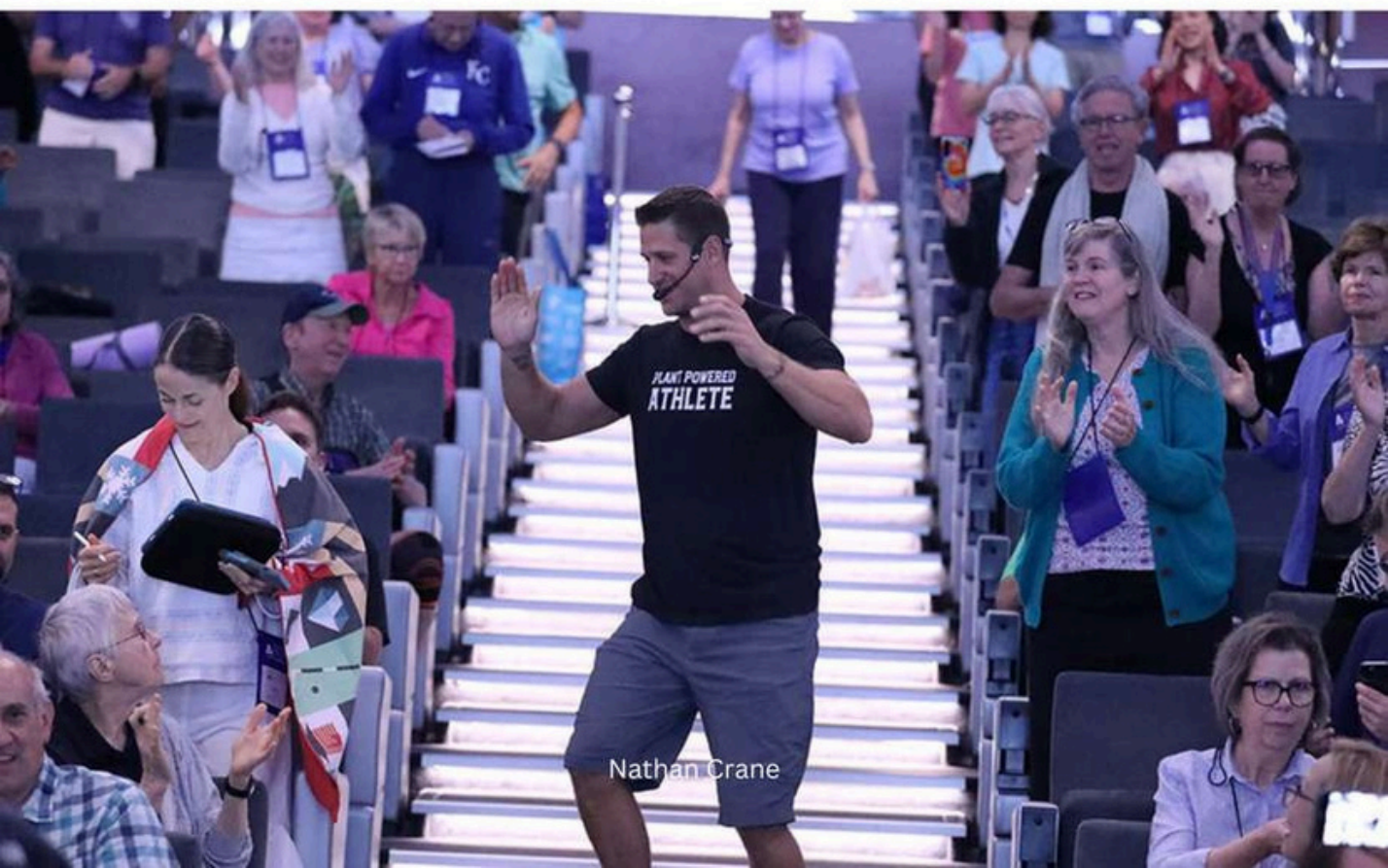
@nathancraneofficial



mrnathancrane



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2 decades studying directly under multiple masters of wisdom traditions including Yoga, Buddhism, Qigong, Native American Traditions, Trauma Healing, Nervous System Regulation, Hypnotherapy, Energy Healing, and Meditation. Nathan brings a fresh and dynamic approach to helping people awaken to their higher selves to experience greater clarity, health, and purpose in life.

He is a global humanitarian doing relief work in Kenya, an Amazon #1 best-selling author, 20x award-winning documentary filmmaker, and the founder of multiple successful organizations that have helped millions of people live with greater health and happiness.

"HUMANS ARE STORYTELLERS, IT'S OUR NATURE. STORIES THAT IMPACT PEOPLE IN A MEANINGFUL WAY ARE WHAT DRIVE ME TO DO THE WORK I DO."

— Nathan Crane

Nathan's contributions to the field are as varied as they are impactful. As a volunteer he has served on the Board of Directors for the Beljanski Foundation, a nonprofit organization dedicated to pioneering scientific research into natural cancer solutions. He has helped raise hundreds of thousands of dollars for various humanitarian projects, and helps provide famine relief in the most impoverished countries around the world.

Nathan is an active volunteer with the Art of Living Foundation, a global nonprofit promoting Vedic wisdom, meditation, and breathwork to enhance well-being. Through his Meditation with Nathan YouTube channel, he guides activation meditations to help individuals connect with their inner wisdom and spiritual insight. Recognized for his contributions, he has received prestigious awards, including the Accolade 2020 Humanitarian Award. A sought-after speaker, Nathan merges science with holistic and spiritual approaches. His documentary *Cancer: The Integrative Perspective* explores groundbreaking methods for addressing the cancer pandemic and advancing wellness education.

