

## Debra Peek-Haynes Bio

Debra Peek-Haynes is a passionate food connoisseur with a love for healthy eating. As the wife of Dr. Frederick D. Haynes III, Senior Pastor of Friendship-West Baptist Church in Dallas, Texas, her focus is to assist those who want to better their health. She firmly believes that this is critical for Christian Believers who desire to be of better service to God's Kingdom (Romans 12:2).

The goal of [debrapeek-haynes.com](http://debrapeek-haynes.com) is to spread her message of healthy eating and living to as many people as possible.

Twenty years ago, Debra became interested in healthy eating when she and her husband had difficulty conceiving a child. (Click to read her inspirational story). She was introduced to a holistic physician who exposed her to a new mindset for a healthier lifestyle. Over the years, she spent a lot of time learning from holistic practitioners, reading books and creating many recipes. After transforming to a healthy lifestyle, Debra was able to conceive and brought forth a beautiful girl, Abeni Jewel. This was the beginning of her journey to understanding better health, embracing a healthier lifestyle, and learning how changing your mindset will bring about positive changes to our bodies.

Debra is often sought out to speak before organized health seminars that usually includes her popular cooking demonstrations. She delivers her message in a style that not only informs, but engages the audience. They leave energized and motivated to commit to changing their eating habits. Some of her featured topics are "Cooking for Children" and "Healthy Family Meals". During these talks, she never forgets the men. In fact, her "Men and Healthy Cooking" class is one of her most popular demonstrations.

What draws people to her demonstrations and talks is that she recognizes that most people wish to make a healthier lifestyle change, but they simply don't know where to begin. For many, the process is overwhelming. So, she breaks the information down in layman's terms, encourages them to draw upon their "mother wit" and offers wonderful resources.

Debra is an active participant in her church's Health Care Ministry. This ministry has been very instrumental in addressing health related issues via offering community outreach services and events. She has been featured in several publications including her church's [Praise and Power](#) publication.

Debra is also a successful licensed real estate broker; and is a member of Commercial Real Estate Women (CREW). She is a former member of the Dallas Women's Foundation, as well as the University Of North Texas School Of Community Service Advisory Board. Currently, she serves on the Board of the African-American Museum, and is a mentor for Jack and Jill, Inc.