

Lolita M. Poplar



Like you, Christian minister and wellness specialist Lolita Poplar is frustrated by the conflicting and ever-changing nutrition information that never address the deeper spiritual issue surrounding our struggles with food and health. Combining ministry with mealtime of natural and spiritual nourishment, Lolita helps to reveal our universal need for healing.

Audiences appreciate how Lolita “meets people where they are” and “brings hope to any situation.” She has an exceptional ability to minister the Love of God to anybody. Lolita’s effective teaching and counseling skills maintain her clients’ dignity while empowering their active role in overall health and wellness.

Lolita is regarded as a leader among her peers, often requested for guidance in spiritual development, wellness, crisis intervention, and conflict resolution. Numerous churches and organizations such as the Convoy of Hope, Memphis Crisis Center, National Association of Free Health Clinics, and Church Health Center have collaborated with Lolita when they want a compassionate visionary who encourages everyone—from high-ranking officials to common neighbors—to achieve their fullest potential in life.

Lolita also is a Lifestyle and Weight Management Specialist with specialized training in food psychology, crisis intervention, and self-help recovery of Grown Wounded Children. She is the founder of Nourish to Life by Poplar Christian Health Service, a Christian counseling and self-help recovery ministry that has been in operation since 2010. Prior to full-time ministry, she practiced environmental health within the public sector. Notably, Lolita rendered 10 years of honorable service as a Medical Service Corps and Manpower Officer in the United States Navy.

On a personal note, Lolita lives in Tennessee with her husband, Carl. They have adult children and are dedicated mentors of at-risk youth.