



## THE SPIRIT OF A CONQUEROR

"Toni Alikea Hickman is not only a talented singer-songwriter; she is the survivor of two brain aneurysms and a stroke," says board-certified neurologist, pain medicine specialist, medical educator, and executive director of the Global Neuroscience Initiative Foundation's (GNIF), Dr. Shaheen E Lakhan.

In 2004, the singer/songwriter was days away from signing another record deal when she suffered a brain aneurysm. She refused to let it derail her music career, and three years later was in New Orleans to celebrate completing her album when she had a second aneurysm. While Hickman was on the operating table, she also suffered a stroke that partially paralyzed her right side.

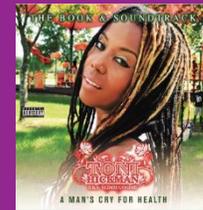
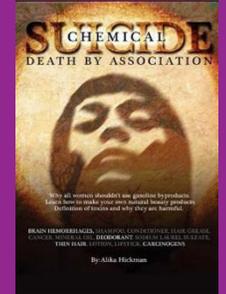
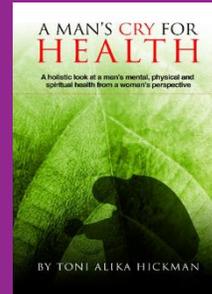
Toni was raised as a Seventh Day Adventist and a vegetarian. Even though she has eaten healthy throughout her lifetime, she has also been very unhealthy in her eating habits, but eventually became a raw vegan/vegetarian/liquidarian and has been in this bracket for almost 20 years.

Some people may assume that Toni's stroke and aneurysms happened because of high blood pressure, but according to the brain aneurysm foundation, 1 in 50 people in the U.S. has a brain aneurysm, with an estimated 6 million having an unruptured aneurysm.

Some of her speaking/performing engagements include:

- Austin State Capital
- Georgia State University
- San Francisco Public Library
- Community Book Center (New Orleans)
- Prarie view (College Station)
- YoungStroke Conference Jacksonville, Florida
- Radio One
- Texas Black Expo
- Women with Disabilities Conference
- YoungStroke Fundraiser Washington, DC

**Health has always been important to me, and I believe it is one of the reasons I am**



[www.tonihickman.com](http://www.tonihickman.com)

## I AM THE IMPOSSIBLE

**still alive after suffering 3 attacks in the brain that could have taken me out."**

Toni now uses her voice and music to inspire others. Toni is an Emmy award winning artist because she is singing the chorus and rap lead vocals for theme song on Netflix documentary, Rising Phoenix. She has been on Radio One, featured in Shape magazine and several other publications throughout the world. She has spoken at numerous colleges and other organizations on subjects of depression and recovery, physical, mental, and spiritual health, living one's purpose, and more. She is a speaker/performer, Author, Artist, Caregiver, Painter, Certified Naturopath and Ordained minister, mother, Activist, and still becoming.

For booking- [info@ToniHickman.com](mailto:info@ToniHickman.com)

*She is the bravest woman I know who lives life to its fullest potential. She is Persistent and never lets obstacles get in her way to achieve here dreams & goals. She is a survivor who knows no limits. Veronica Sanchez -Director of Health Equity Programs at American Heart Association*