

PhoebeChongchua.com is a brand journalist, founder of Live Fit Enterprises, author, TV Host, and a multimedia journalist. She holds a Real Estate license in California, is a Whole-Food, Plant-Based Specialist, Yoga teacher, and mom of a college-age daughter.



PCIN.TV is an Internet TV Network based in San Diego, California that features high-quality and unique TV programming on the Web, making it available when and where you want to watch.

LiveFitFilms.com is a full-service, brand journalism and video marketing agency that helps companies gain exposure and loyal followers through Video News Stories, content creation, marketing campaigns, event planning, social media, and public relations.

LiveFitMagazine.com is an online video and article publication that features content that helps its audience Live Fit. We feature travel, cooking segments, fitness, business tips for entrepreneurs, special events, lifestyle topics.

ThePlantBasedDiet.com is an online video and article publication that features content on plant-based eating, recipes, interviews and stories on the environment, healthy living, conservation, and The Plant-Based Challenge to recruit one million people to live a healthy lifestyle.

SDRealEstateHelp.com is an online video and article publication that provides real estate resources for buyers and sellers. The website also connects consumers with industry professionals.

