

12 HOLISTIC HEALTH QUESTIONS FOR INTERVIEWS

SUSAN SMITH JONES, PHD • TALKING POINTS & SUGGESTIONS



Living Your Best Life is
Always Easy with Dr.
Susan's Healthy Living Tips



HEALTH
UNLIMITED

*The future belongs to those
who believe in the
beauty of their dreams.*
- Eleanor Roosevelt

*"To be truly healthy and happy," says Dr. Susan Smith Jones, author of 25 books including **The Joy Factor, Recipes for Health Bliss, The Healing Power of NatureFoods, Be Healthy~Stay Balanced and Walking on Air**, "we need to do more than eat a natural foods diet, jog around the block, get plenty of sleep, and embrace a positive attitude. We need to live a holistic lifestyle." She will enthusiastically discuss with your audience simple ways we can all take charge of our lives and create vibrant health, less stress, more joy and success, and high-level self esteem. For over three decades, Susan has helped 1,000s of people enhance their physical, mental, and spiritual well-being. She is the Founder & President of Health Unlimited, a Los Angeles-based consulting firm dedicated to the advancement of optimal wellness, anti-aging, natural remedies, balanced living, and human potential.*

❁ www.SusanSmithJones.com ❁

Susan has been a guest on over 2,000 talk shows around North America and the world, and she is always asked back. For 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit. With zeal and passion, she will light up your life with her holistic health knowledge, and also will light up your audience. You'll want to give her as much time as possible and invite her back often to uplift and inspire, educate and motivate, and empower and inspire everyone involved.

12 Sample Questions & Topic Suggestions on **HOLISTIC HEALTH** for Dr. Susan on **Living Vibrant, Healing Your Body & Bringing More Balance into Your Daily Life**

1. Susan, you are in a unique position to testify on the efficacy of your basic message that health is a result of choice because of the accident you experienced. What happened and how did your life change?
2. Does being healthy involve turning our lives upside down and making major lifestyle changes? And if it does, the way most of us live with busy lives and not much time to call our own, how is that possible?
3. Okay Susan, let's get back to the basics. How do people get started? What are the most important ingredients to healing the body, looking and feeling younger, and creating vibrant health?
4. Where does drinking water fit into your Healthy Living program? Is water as important as exercise and a healthy diet?
5. We've been hearing lately on how important sleep is to being healthy, losing weight, and staying fit. What are your thoughts on sleep? How does lack of it affect our lives and how can we all get more sleep?
6. While millions of people starve to death in many parts of the world, the United States has the dubious honor of being the fattest country on the globe. Fully 50% of Americans are obese, yet we spend more than \$40 billion a year on diet foods, diet programs, diet pills, and other "guaranteed" weight-loss regimens and products. Why is being fat so unhealthy and what can we do about these horrific statistics?
7. Susan, what is the mechanism for obesity and what's the best strategy to lose the fat and keep it off?
8. One of the biggest complaints people have today is that they simply don't have enough energy. Is this lack of energy tied in with how most people live and eat?
9. Each week there's another diet recommended. No wonder the public seems to be totally confused on exactly what to eat. Please give us some statistics on the connection between food and disease and then, if you can pick just one food or food group that's the most important to eat, what would that be?
10. Maybe Western medicine needs to rethink the way it views advances in medicine and health, and should rely more on nutritional science (using food as medicine). It might also be helpful to have more doctors who are examples of health themselves so they can inspire and motivate their patients, right?
11. Let's get more specific about foods, spices, herbs, and natural remedies you recommend. Are there ones in each category that stand above all the rest? You've never taken any medications before, so what do you use personally?
12. Finally, Susan, is there anything else that we haven't covered that you feel is essential to being healthy and living more balanced lives?

