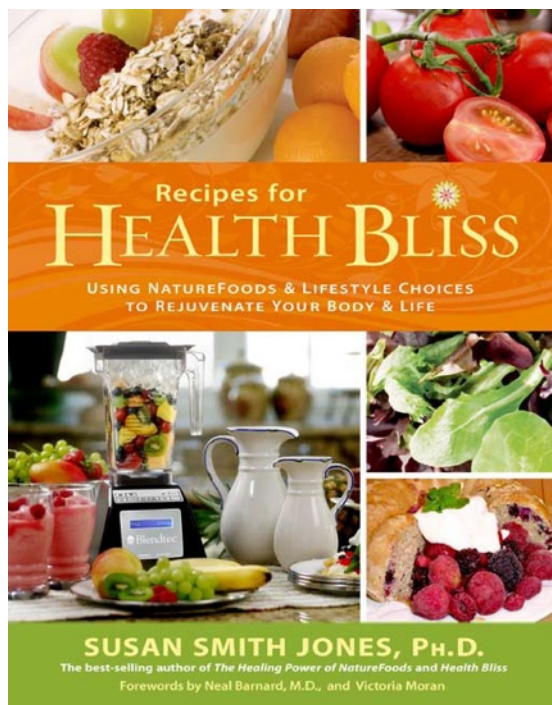


9 Rejuvenating Tips Talking Points

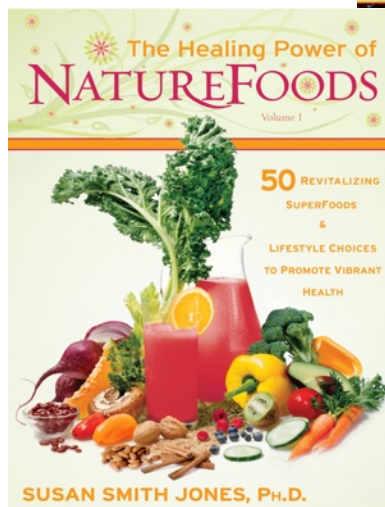
9 Rejuvenating Food Tips from the Kitchen Talking Points



Author of over 25 books, including *The Joy Factor*, *Walking on Air*, *Be Healthy~Stay Balance*, *Nature's Medicine Chest*, and the bestselling 3-book healthy eating and blissful living set published by Hay House *Recipes for Health Bliss*, *Health Bliss* and *The Healing Power of NatureFoods*

Susan Smith Jones, PhD, is author of over 1,500 magazine articles and 25 books and has been a guest on more than 2,000 radio and TV talk shows. She travels internationally as an in-demand motivational speaker (lectures, keynote addresses, seminars and workshops to corporate and community groups), a frequent radio and TV talk show guest, and a holistic health consultant.

1. Look soft and dewy with honey.
2. Have a berry white smile.
3. Give yourself a mini massage.
4. Soothe with a little aloe vera.
5. Assuage achy, arthritic joints with cherries.
6. Eat less with hot pepper and cayenne.
7. Team up with cinnamon for balance.
8. A healing agent since Biblical times.
9. Fight father time with this humble dried fruit.



To purchase copies of *RECIPES FOR HEALTH BLISS* or Susan's celebrated 3-book Hay House series on healthy eating and living, please contact:

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