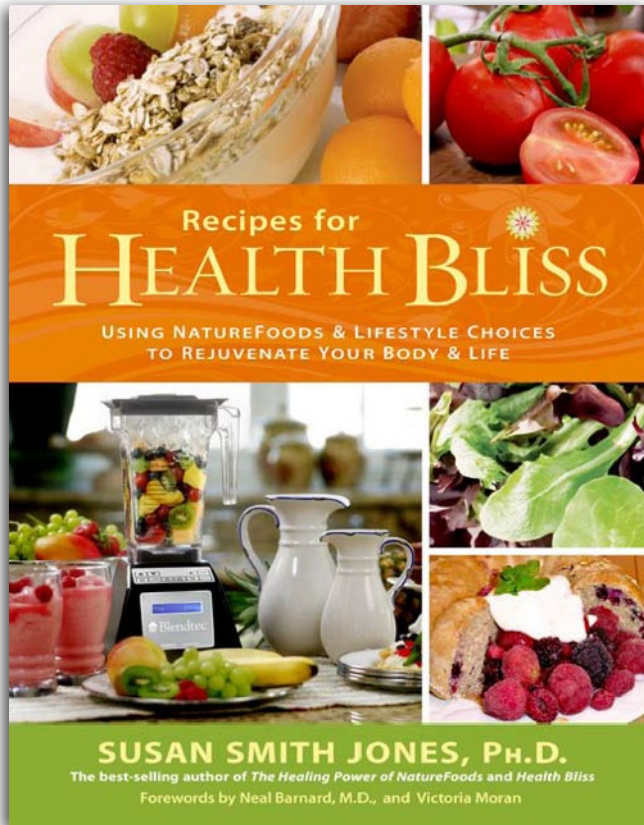




BOOK REVIEW



by Lynn Grudnik - Executive Director
National Health Association



HEALTH BLISS Recipes for HEALTH BLISS The Healing Power of NATUREFOODS

A Best-Selling 3-Book Series on Healthy Eating & Living Published by Hay House

The perfect food book is like the perfect meal: satisfying, delicious, and not too much! **NATUREFOODS, RECIPES FOR HEALTH BLISS** and **HEALTH BLISS** are exactly that!

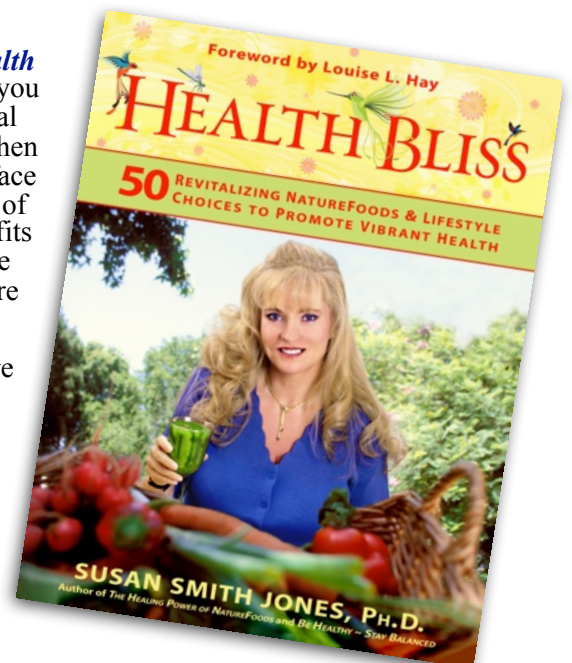
Their simplicity and cogency will appeal to just about anyone who is searching for high-level wellness and quality of life. Whether you are young and in need of health advice; are young-looking and a baby boomer, like Dr. Susan Jones, and you want to stay that way; or you simply want to explore your options for turning back the clock, then this 3-book series is your godsend. The author of 20 popular holistic health books, and a variety of audio programs, Susan is clearly a shining example of vibrant health and youthful vitality. This is the best advice that I can give

you: buy several copies of this empowering book set, **RECIPES FOR HEALTH BLISS, THE HEALING POWER OF NATUREFOODS** and **HEALTH BLISS** and give them away to all of your extended family, friends, and business associates for any occasion—anniversaries birthdays, graduations, New Years, or other special parties or holidays such as Christmas, Thanksgiving, Easter, Hanukkah, Valentine’s Day, Passover, Labor Day, or for no reason at all. And make sure to keep one with you daily to read often, savor, and enjoy!

Susan identifies 50 of the most powerful foods in *NatureFoods and Health Bliss*—actually there are more than 100 recommendations in each one if you include the shorter entries—and provides general information, nutritional values, health benefits, buying tips, culinary uses, lore and legend, and, when appropriate, descriptions of the more popular varieties of produce. In the face of staggering confusion and conflicting claims about the nutritional value of different foods, these timeless books are succinct guides to all of the benefits of familiar natural foods. The formats make the information easy to locate and quickly review. For convenience, foods are listed alphabetically and are accompanied by preparation suggestions for immediate use.

Susan’s scrumptious, inventive recipes in all three books are easy to prepare and promise boundless pleasures, whether for your everyday table or for elaborate entertaining. After reading the two books through once quickly, I’ve been inspired to reread them several times, savoring the recipe suggestions and finding priceless tips and techniques that have enriched every aspect of my life — physically, mentally, emotionally, and spiritually. Thanks to Susan’s new 3-book series, I am now healthier than ever before!

www.SusanSmithJones.com



From **NATUREFOODS, HEALTH BLISS** and **RECIPES FOR HEALTH BLISS**

I've learned simple ways to experience the following:



- Healing with Natural Remedies
- Better Sleep
- Improved Digestion
- Boundless Energy
- Sharper Memory
- Healthier Skin, Hair, and Nails
- Stress Reduction & Support
- Increased Energy

- Immune Enhancement
- Higher Productivity
- Cheerful Mood
- Youthful Vitality
- Increased Libido
- More Focus
- Improved Vision
- Overall Great Health!



- **PLUS Flavorful, Health-Promoting Recipes for People with Busy Lives Who Don't Have Time to Spend Hours in the Kitchen**

Susan's approach is grounded in the lifestyle she has chosen for herself. It is based on the premise that nature provides us with just about everything we need to be radiantly healthy and vibrantly youthful well into our 80s and 90s. She adeptly emphasizes the use of colorful, phytonutrient-rich foods and offers preparation techniques that enhance nutritional value and eliminate ingestion of chemicals and processed concoctions. With this invaluable information, the reader is able to take control of his/her health and open the door to a more energetic, disease-free lifestyle.

Neal Barnard, M.D., founder and president of the Physicians Committee for Responsible Medicine in Washington, DC and author of *Dr. Neal Barnard's Program for Reversing Diabetes*, says about these books: "A must-read for vegetarians, non-vegetarians, and anyone interested in vibrant health and great food, from an outstanding culinary instructor who writes from the heart." And Susan's heart and passion for health shine through on every page. In the past few decades, she has helped thousands of people become more aware of how food choices affect their physical, mental, emotional, and spiritual well-being. Now you, too, have all this splendid information at your fingertips—distilled to fit into today's busy, stress-filled life.

In addition to learning about healthy foods, you will also garner valuable, life-changing information on the importance of getting enough sleep, minimizing stress, drinking ample, pure water and green smoothies, balancing your body's pH and increasing alkalinity, detoxifying and rejuvenating, cultivating a positive, grateful attitude, being consistent with exercise, keeping your word, choosing to be disciplined, spending time in nature, living more peacefully and loving your life.

THE HEALING POWER OF NATUREFOODS, HEALTH BLISS and *RECIPES FOR HEALTH BLISS* go one step further by recommending specific kitchen tools, and other salubrious, must-have products, essential for healthy food preparation. Because Susan "walks the talk" and has worked as a nutrition counselor, culinary instructor, and a personal natural-foods private chef for over 30 years, she knows which items are the most useful and durable in the kitchen. The reader can be confident that whatever she suggests will be the best.

No matter where you live on planet Earth, whether you're 9 or 99, a beginner or a long-time health enthusiast, there is a wealth of helpful, salutary information in all three stellar books. You'll transform your life from ordinary to extraordinary as you are entertained, educated, motivated, and empowered.

**To order copies of each book individually
or the entire best-selling 3-book set**

**HEALTH BLISS
RECIPES FOR HEALTH BLISS
THE HEALING POWER OF NATUREFOODS**

Please call:

1.800.654.5126 PT

or visit

www.SusanSmithJones.com

