

Endorsements for *Health Bliss*

50 Revitalizing Naturefoods & Lifestyle Choices to Promote Vibrant Health

Health Bliss is a vitally important treasure trove of knowledge wrapped up in an easy-to-read, easy-to-understand package. Susan tells you how to select, prepare, and store 50 familiar—but nutritionally rich—foods and how to use them medicinally. This book is worth buying for the delicious Green Smoothie recipes alone! Like the other two books in this series, *The Healing Power of NatureFoods* and *Recipes for Health Bliss*, this new, colorful book is must-read for everyone interested in vibrant physical, mental, and spiritual health.

— **Neal Barnard, MD**, Founder and President, Physicians Committee for Responsible Medicine Author of *Dr. Neal Barnard's Program for Reversing Diabetes*

After reading *Health Bliss*, your thinking about food will be transformed. Susan has diligently searched the medical and scientific literature to identify the most important healing foods, and she shares the fruits of her efforts in this thoroughly understandable and entertaining book. You will be amazed at how much control you can have over your health simply by choosing the proper foods!

— **Brian S. Boxer Wachler, MD**, Director, Boxer Wachler Vision Institute, Beverly Hills, CA

Susan's new book, *Health Bliss*, will help you take the important first steps toward optimal health. She teaches you why it is so vitally important to eat nutrient-rich foods if you wish to achieve superior nutrition and enjoy the accompanying health benefits. If you are new to healthful eating, this is an excellent introduction to good diet and beyond.

— **Joel Fuhrman, MD**, Author of *Eat to Live*

Health Bliss is a book that belongs in every home. Susan serves up easy-to-read diet and health wisdom garnished with the latest nutritional science. If you are looking for real-world solutions to important food questions, this book is for you. It is reliable, entertaining, and filled with food tips and incredible smoothie recipes. Susan, who is a shining example of the benefits of a living-food lifestyle, participated in a national television talk show in our restaurant, describing the many advantages of colorful raw food cuisine and healthful, balanced living.

— **Tolentin Chan**, Quintessence Restaurant, New York City

Do you want to achieve your natural weight, have abundant energy, and look years younger? *Health Bliss* tells you how to do all of that and more. Susan Smith Jones teaches you the diet and health secrets that will help rejuvenate your body, mind, and spirit. The incredible smoothie recipes alone make this book a godsend. It is an excellent guide for anyone who is rushed, stressed, or sick, or who simply desires radiant health and vitality. We recommend it highly.

— **Denise Cook, PhD, and Chuck Cook, MD**, Portland, OR

Susan is more than one of the most popular health writers in the country. She is a serious holistic health researcher, and the results of her recent efforts are contained in *Health Bliss*. In this book, Susan has combined her latest research with her years of experience as a natural-foods chef to create an easy-to-read guide to looking and feeling younger. You will learn about the 50 top foods for healing, enjoy the delectable smoothie recipes, and discover how to put the world's best diet and health tips into practice. Get ready for a total health transformation!

— **Olin Idol, ND, CNC**, Vice President of Health, Hallelujah Acres

In *Health Bliss*, Susan Smith Jones shows why eating foods as close to their natural state as possible maximizes both healing potential and nutrient intake. Follow Susan's example and begin the transformation to optimal health and vitality, and start enjoying the life you've always wanted. The 50 colorful "super" foods she describes will help you increase your energy level, improve digestion, beautify skin, boost your immune function, and restore youthful vitality.

— **Gabriel Cousens, MD**, Author of *Rainbow Green Live-Food Cuisine*

This new book by Susan Smith Jones is an important reminder that all of the nutrients we need are available in unadulterated whole foods and that eating a variety of colorful foods—as close to the way nature made them as possible—is the secret to health. *Health Bliss* is a wonderful companion to *The Healing Power of NatureFoods* and *Recipes for Health*, and all three books share a prominent place in the NHA library.

— **Lynn Grudnik, Executive Director**, National Health Association
Editor, *Health Science*

Health Bliss is one of the most empowering books that I have ever read on how to prevent disease and create youthful vitality, along with her other two books in this illustrious 3-book set. Susan has a gift of making complex scientific research easy to understand and easy to incorporate into your lifestyle. Follow her advice, and you'll enjoy enhanced nutrition, blissful sleep, and a renewed joie de vivre. As you achieve balance and emotional stability, your skin will radiate, and you'll look years younger. I keep extra copies of this book on hand to give as gifts, and you should, too!

— **Lisa Ray**, Skin Specialist, Owner of Skin Premiere, West Los Angeles

Health Bliss is a practical guide for anyone looking for wellness through the medicinal power of food. Susan's extensive, concise, and well-researched recommendations make this book a valuable addition to your health library. Her delicious smoothie recipes fit perfectly into my busy schedule, and make eating for radiant health as easy as can be!

— **Nancy S. Schort, DDS**, Santa Monica, CA

Susan's frequent appearances on my radio shows are always well received, and because of her popularity and esteemed expertise in holistic health, I often invite her to fill in for me as the host when I'm away. Gratefully, I now have another superb book of hers to recommend to my listeners, friends, and family. *Health Bliss* presents a compelling road map through the health highways of life. It offers a fresh approach and a powerful message for anyone who desires to experience optimum

health, unlimited joy, and a peaceful life. Woven into this very insightful story of how foods affect our bodies are countless practical health and balanced-living principles that can change your life forever! Her Green Smoothie recipes are now a part of my daily nutrition program. If we all lived as Susan suggests, America could close most of its hospitals and jails and become a nation in health and peace with itself rather than an environment of stress, unhappiness, and ailments—obesity, diabetes, heart disease, cancer, and arthritis, just to name a few. Susan’s latest book is definitely worth reading over and over again; it will engage your mind, inspire your heart, and change your life for the better, just as it has for me.

— Nick Lawrence, Radio/TV Talk Show Host & Producer

