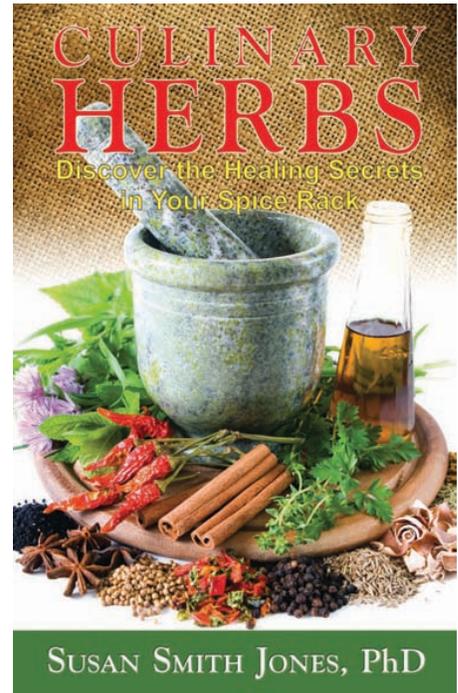


Healing Spices Talking Points

Healing Spices: Discover the Healing Secrets in Your Spice Rack

Author of over 25 books, including *The Joy Factor*, *Walking on Air, Be Healthy~Stay Balanced*, *Herbs: Nature's Medicine Chest*, *Choose to Live Peacefully* 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*



Sample Questions:

1. *Are there more to culinary spices than flavoring foods; what's the history on this?*
2. *What spice helps in the weight loss arena?*
3. *What would you suggest for motion sickness?*
4. *How about an upset stomach or getting better sleep?*
5. *Are there culinary spices for lowering cholesterol or for all-things heart health?*
6. *Is there any benefit in using black pepper, cloves, fenugreek or saffron?*
7. *What would you recommend for cold feet and cold hands or even achy muscles and joints?*
8. *Lots of people need help balancing their blood sugar levels — whether they are diabetic, pre-diabetic or simply need to lose weight. What spice would you recommend?*
9. *What spice is used worldwide that helps reduce inflammation?*
10. *How about the humble spice that's proving even more effective than aspirin?*
11. *Let's go through some of your other favorite culinary spices, how they benefit the body and how to use them in meal preparation. Also, what other natural remedies would you suggest from our kitchens?*
12. *Tell us about your new book and how listeners can get a copy and learn more about your work.*

Susan Smith Jones, PhD, is author of more than 1,500 magazine articles — with her photo on many covers — and has been a guest on more than 2,000 radio & TV talk shows around the world; she's always invited back. Susan travels internationally as an in-demand motivational speaker (lectures, seminars and keynote addresses to corporate, community and spiritual groups), a culinary instructor, a holistic lifestyle counselor for discerning clients, and a corporate leadership consultant for Fortune 500 companies.

Susan taught students, staff, and faculty at UCLA how to be healthy and fit for 30 years.

To purchase copies of *Culinary Herbs: Discover the Healing Secrets in Your Spice Rack* or Susan's series of natural remedy books/CD combos, please contact:

1.800.523.9971 EST 🌿 **SusanSmithJones.com**