

FOREWORD by Louise L. Hay

HEALTH BLISS

50 Revitalizing NatureFoods & Lifestyle Choices to Promote Vibrant Health

I've watched Susan Smith Jones's star rise for many years. I am so proud to say that she is now a Hay House author. Her work with NatureFoods is legendary.

— Louise L. Hay

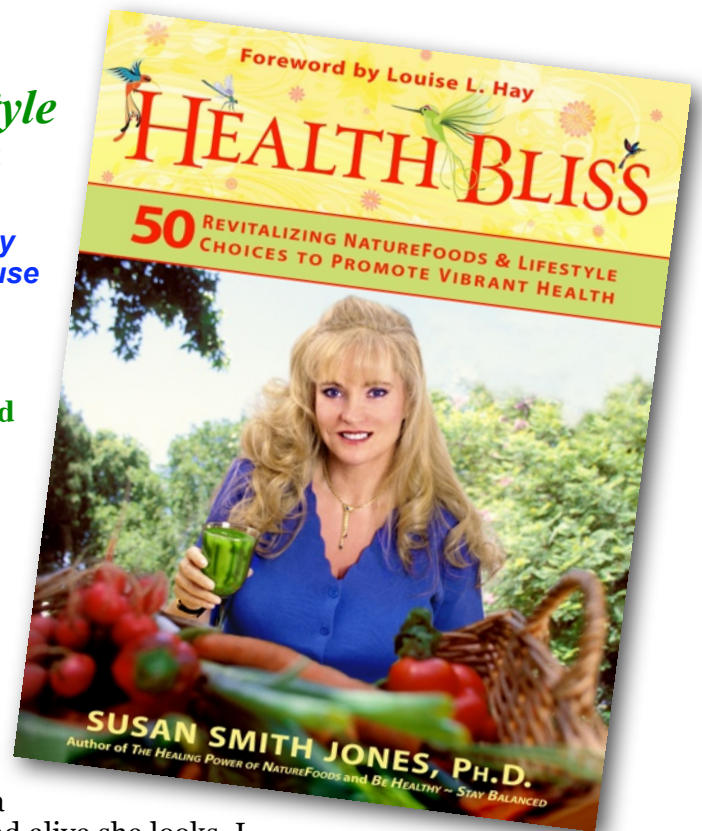
I am a big admirer of holistic health consultant and author Susan Smith Jones. I call her the “NatureFoods Lady” because she has been my source of inspiration and information about the wonderful world of NatureFoods for as long as I can remember. After many years of reading her books, I finally asked if she would like to be a Hay House author.

Just like Susan, I am a big fan of NatureFoods—foods rich in nutrients and antioxidants that promote health, healing, and vitality, no matter what your age. Susan is a baby boomer, and you should see how vibrantly young and alive she looks. I urge you to take Susan’s wise counsel to heart. She is living proof that her advice *really works*.

There are many ways to change your life. Working with my ideas on “changing your thoughts to change your life” is not the only way. There’s a spiritual approach, there’s the mental approach, and there’s the physical approach, as Susan details in this superb book. When you clean your house, it doesn’t really matter which room you start in. Just begin in the area that appeals to you most. The others will happen almost by themselves.

The same applies to healing your body. I usually give very little nutritional advice (unless someone asks) because I’ve discovered that different methods work for different people. But Susan’s common-sense approach to healthful eating and living is really advantageous for everyone because her basic philosophy is simple and efficacious. “Choose to eat your foods as close to the way nature made them as possible.” Because of Susan, I’ve adopted a similar, simple approach to eating: If it grows, eat it. If it doesn’t grow, don’t eat it.

Be conscious of your eating, like Susan suggests. It’s like paying attention to your thoughts. You can learn to listen to your body and the signals you get when you eat in different ways. Cleaning the mental house after a lifetime of indulging in negative mental thoughts is a bit like going on a good nutrition program after a lifetime of indulging in junk foods. They both can create healing crises. As you begin to change your physical diet, the body begins to throw off the accumulations of toxic residue, and as this happens, you can feel rather rotten for a day or two. So it is when you make a decision to change your mental thought patterns—your circumstances can seem worse for a while.



To purchase *HEALTH BLISS* or Susan’s illustrious, best-selling 3-book Hay House series on healthy eating and living, please contact:

1.800.654.5126 ★ SusanSmithJones.com



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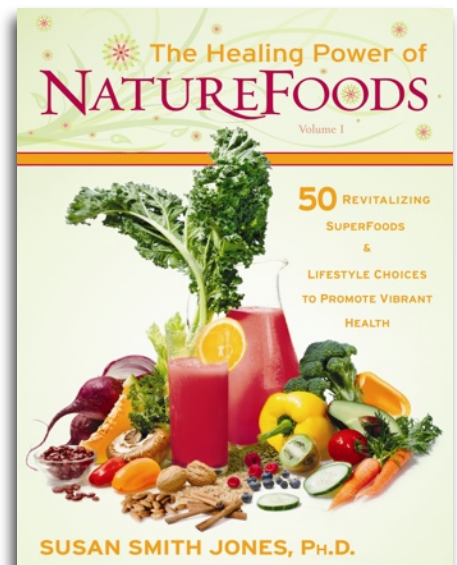
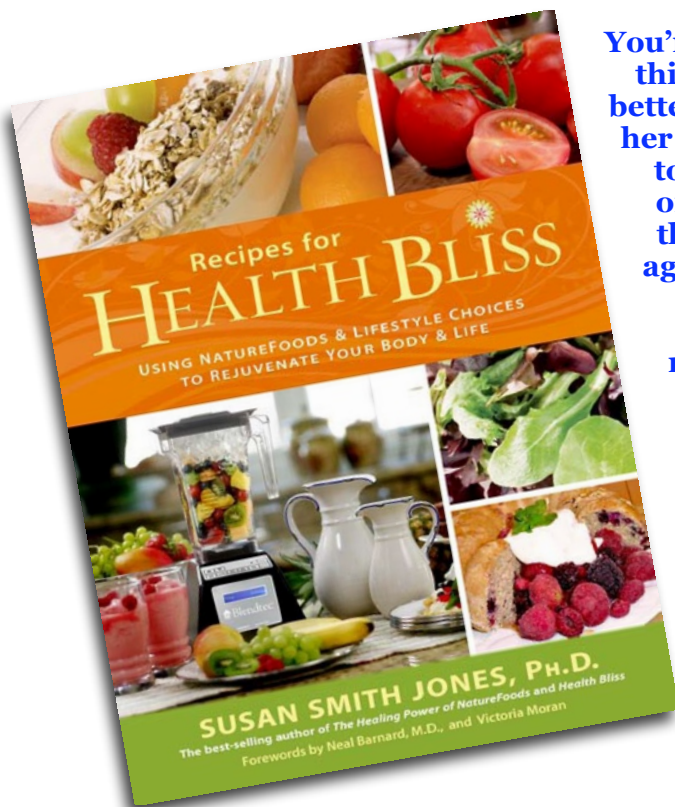
Recall for a moment the end of a Thanksgiving dinner. The food is eaten, and it's time to clean the turkey pan. The pan is all burnt and crusty, so you pour in hot water and soap and let it soak for a while. Then you begin to scrape the pan. Now you really have a mess. It looks worse than ever. But if you just keep scrubbing away, soon you'll have a pan as good as new.

It's the same with cleaning up a dried-on mental pattern. When we soak it with new ideas, all the good comes to the surface for us to look at. Just keep doing the affirmations that Susan offers you in this book, and soon you'll have completely cleared an old limitation.

Susan's premise in this informative book is: Think health, whole foods, and simple lifestyle choices. While we all know that healthful eating is one of the main keys to a long life, few of us understand which specific foods and other lifestyle choices can help protect the body and cultivate optimal health. Susan's 3-book health series for Hay House, *The Healing Power of NatureFoods*, *Health Bliss: 50 Revitalizing NatureFoods & Lifestyle Choices to Promote Vibrant Health* and *Recipes for Health Bliss: Using NatureFoods to Rejuvenate Your Body & Life*, combines the latest research on the NatureFoods that prevent the most common age-related illnesses with essential information on the healing power of raw and plant-based foods, exercise, sleep, dry skin brushing, deep breathing, metabolism enhancement, pH balance, alkaline water, and a positive, grateful, loving attitude. She offers you a comprehensive understanding of the amazing health potential of colorful, natural foods and shows you how to enjoy a level of health and vitality you never dreamed possible.

Susan's new book will teach you how to create the youthful vitality, health, energy, and peace you desire and deserve. What's more, as a culinary-savvy educator and private natural-foods chef, Susan will inspire you with simple ways to make healthful meals; she provides a sampling of colorful recipes that are as easy to prepare as they are enjoyable to eat.

You're in for a treat as you read and savor every page of this book. It will profoundly change your life for the better, as this dynamic, life-changing volume (and all of her work and books) has done for me. I encourage you to read it through once quickly, and then start all over again and read each page slowly, drinking in its magnificence and empowering wisdom. Finally, keep all three books close by, especially in your kitchen or on your bedside table, so you can refer to them often to help you create your healthiest life.



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