

# Holistic Natural Remedies Talking Points

*Let food be thy medicine and medicine be thy food.*

—Hippocrates, the Father of Western Medicine (2,400 years ago)

## Dr. Susan's Holistic Living & Natural Remedy Radio & TV Talk Show Topic Suggestions

**Susan Smith Jones, PhD**, author of over 25 books, including Pulitzer-nominated *Choose to Live Peacefully*; *The Joy Factor: 10 Sacred Practices for Radiant Health*; *Walking on Air: Your 30-Day, Inside and Out, Rejuvenation Makeover*; *Be Healthy~Stay Balanced: 21 Simple Choices to Create More Joy & Less Stress*; *Herbs: Nature's Medicine Chest*; *Culinary Spices: Discover the Healing Secrets In Your Spice Rack*; *Vegetable Soup/The Fruit Bowl*; *Conquer Colds & Allergies*; and her critically-acclaimed 3-book healthy eating and living set published by Hay House *Health Bliss*, *The Healing Power of NatureFoods* and *Recipes for Health Bliss: Using NatureFoods & Lifestyle Choices to Rejuvenate Your Body & Life*

*Based on 1,000's of scientific studies, doctors and scientists find that **Food Is Your Best Medicine**. Prevent the flu or a cold; cut cholesterol; reduce inflammation; lose weight easily; prevent cancer and heart disease; ease arthritis; and avoid, relieve, or even cure almost any condition you may have—all without drugs, nasty side effects, or surgery. Dr. Susan is one of the world's leading experts on how to live a more natural lifestyle and use nature's remedies for whatever ails you. She has never taken medication in her life, and has had a thriving private practice since 1981 – working with clients worldwide on healing and rejuvenating their bodies using these wonderful, natural remedies. She'll captivate and educate your audience with her knowledge of **Nature's Medicine Chest**.*

*Susan believes that . . . **good health comes from the farm, not the pharmacy**. She will discuss a variety of her favorite and most effective natural remedies on your radio show, or a series of shows, using **foods, herbs, spices** and other natural modalities, including positive attitude, nature-time, exercise, 7 sure-fire stress busters, ample water and sleep, raw foods, etc.*

**Dr. Susan can discuss any of the following topics and countless more . . .**

1. Safeguard your body from the flu, colds, fatigue, allergies, mood swings, and sleepless nights.
2. **The humble spice that's proving even better than aspirin.**
3. Which foods give amazing arthritis relief and which ones trigger joint pain.
4. **Everyday foods that "short-circuit" your body's inflammatory response.**
5. The best foods to boost metabolism and help you lose weight.
6. **A simple oil that reduces mucus and lung congestion.**
7. Use this solution to expedite the healing of boils or carbuncles.

To purchase Dr. Susan's books and audio programs, please contact:

**1.800.843.5743** PT

 **SusanSmithJones.com • SusansRemedies.com**

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8. **A spice used worldwide to reduce inflammation and reduce cholesterol levels.**
9. Something that works better than Echinacea, Goldenseal and Garlic to prevent cold/flu.
10. **The best spice everyone should have daily to maintain healthy blood sugar levels.**
11. This herb helps burn more calories, and will also keep your feet/hands warm for hours.
12. **A sure-fire arthritic pain-reliever – that works in minutes.**
13. This popular tea helps you sleep, soothes a sore throat, and reduces most skin disorders.
14. **A marine plant that supports healthy thyroid function – and boosts fat loss.**
15. A super-berry that detoxifies and rejuvenates the body – and flattens the tummy.
16. **You never want to be without this herb if you get motion sickness.**
17. An oil that calms the body, relieves sunburn, tempers cravings, and relieves headaches.
18. **Here's the best way to open up nasal passages instantly and abate allergies.**
19. An onion can be used to painlessly remove a splinter.
20. **A credit card can give you instant relief from a bee sting.**
21. Why talking on your cell phone before going to bed can lead to a sleepless night.
22. **Foods that give your brain “wake-up chemicals” that boost your energy and zest.**
23. The top foods to bring down blood pressure and to avoid.
24. **A spice that shields your heart against free radicals.**
25. Why the 3 wise men probably never got aches and pains.

**And an unlimited treasure-trove of remedies and healthy living tips  
that will knock your socks off . . . from Dr. Susan's Natural Medicine Chest**

**[SusanSmithJones.com](http://SusanSmithJones.com) • [SusansRemedies.com](http://SusansRemedies.com)**

**Susan Smith Jones, PhD**, is author of over 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. She 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 and coach, and a leadership consultant for Fortune 500 companies. For 30 years, Susan taught students, staff, and faculty at UCLA how to be healthy and fit. She is the founder and president of Health Unlimited, a Los Angeles-based consulting company dedicated to the advancement of holistic health education and human potential.

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