

# FOREWORD by Neal Barnard, MD

## **RECIPES FOR HEALTH BLISS** *Using NatureFoods to Rejuvenate Your Body & Life*

**I am a big admirer of holistic health consultant and author Susan Smith Jones. Her work with NatureFoods is legendary. 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 and write this 3-book healthy eating and living series for us. You’ll love it.**

**And Recipes for Health Bliss is the most beautiful health book on the planet!**

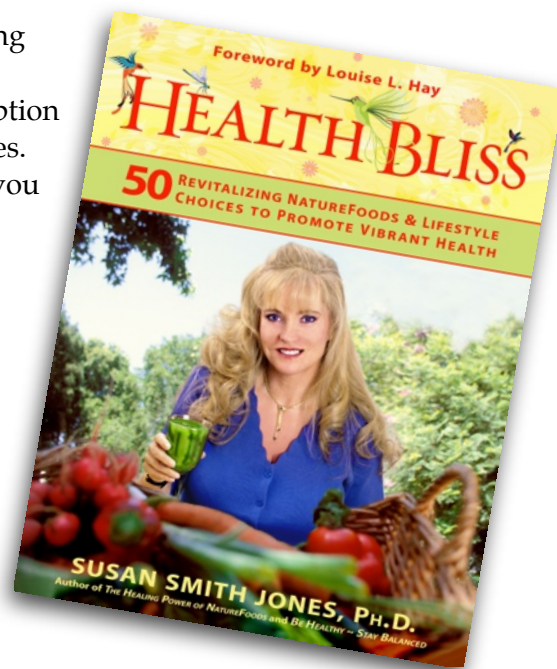
— Louise L. Hay

*“This book is more than a collection of great recipes,” writes Dr. Neal Barnard in his foreword for Susan’s new full-color, natural-foods cookbook with a deliciously inventive panoply of photographs entitled **Recipes for Health Bliss**. “It is a road to health. You certainly will find wonderful recipes here, and each one is healthful and simple to prepare. Many of these lovely meals will feel like old friends. Many others will entice you to try new tastes. You’ll love their scent and flavor, and how good you feel when you make them part of your life. But this book is more than that. It is a pathway that leads from wherever you find yourself at the moment to the best health you can imagine.”*

When I first learned about Susan Smith Jones and her gift for guiding people to health, I could see she knew what she was talking about. Don’t let her warmth and gentle writing style fool you. The prescription Susan Smith Jones offers has been proven by clinical research studies. Her books are potentially the most powerful, life-changing guides you will ever hold in your hands.

For many years, my research team has tested how diet changes can tackle difficult health problems. Their power is truly surprising. They boost your energy, make you feel and look younger, and trim away unwanted pounds. If you have a more serious health challenge, simple diet changes can help you, too. Research shows that they can tackle arthritis, cholesterol problems, high blood pressure, hormone imbalances, cancer, digestive problems, headaches, and many other health concerns.

Beginning in 2003, the National Institutes of Health supported our research on diet and diabetes. As our research participants



To purchase copies of **RECIPES FOR HEALTH BLISS** or Susan’s celebrated 3-book Hay House series on healthy eating and living, please contact:

**1.800.654.5126 ★ SusanSmithJones.com**

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began their nutritional changes, their bodies started to transform. Pounds began to melt away. Cholesterol levels plummeted. And day after day, my phone rang with participants telling me that their blood sugars were finally returning toward normal. One after another was able to reduce—or even eliminate—the medications they had taken, in some cases, for years.

When you have discovered a way to profoundly change your life, you never look back. At the beginning, you might have been a bit unsure. But now that you know how good you can feel, you want to keep going. Your tastes and your body have forever changed. That is what is in store for you as you let this esteemed author, culinary instructor, advice columnist, and motivational speaker, Susan Smith Jones, guide you to vibrant health and youthful vitality.

If you are already familiar with Susan's work, jump in. You won't be disappointed. If her approach is new to you, let me encourage you to carefully read her nutritional recommendations, and then page through the recipes and simply try them out. See which ones call to you the most. And then, when you're ready, as Susan suggests in her book, take a three-week period and, during this time, make *every* meal fit her recommended guidelines. By the end of 21 days, you'll be surprised at how good you feel. And your tastes will have transformed, too. You will find that healthful foods attract you like never before, and old and unhealthy foods are soon forgotten.

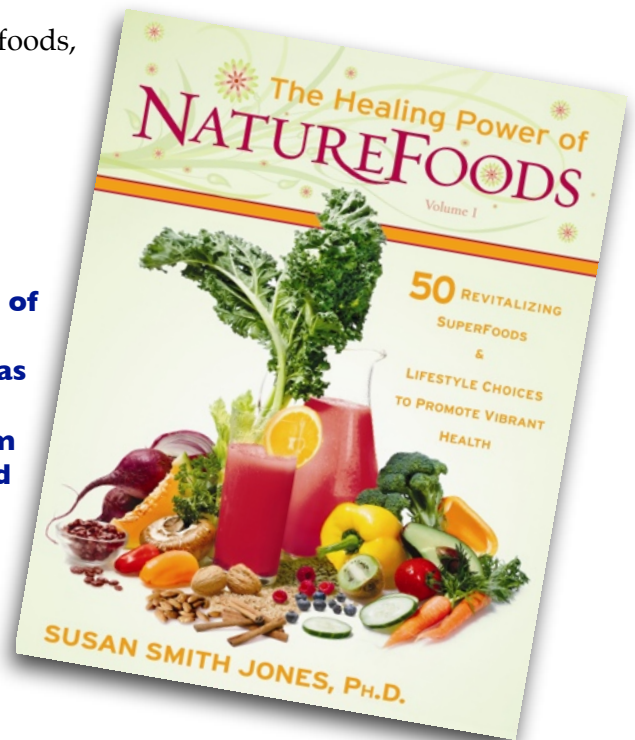
Let me also encourage you to heed Susan's advice on other parts of your life, too. When she encourages us to get a good night's sleep, this is vitally important advice. Sleep is when we reset our appetite control and pain control. Sleep is when our energy regroups for the day to come. Physical activity, nurturing relationships, balance, and a sense of purpose are part of a healthy life, too, and Susan has brought all of these to the fore, as well.

I wish you the best in exploring these healthful and delicious foods, and hope you will feel as rewarded as I have.

— Neal D. Barnard, MD  
President: Physicians Committee for Responsible Medicine  
Author of *Breaking the Food Seduction* and *Dr. Neal Barnard's Program for Reversing Diabetes*

**You're in for a treat as you read and savor every page of Susan's 3-book set. Each book in this healthy living series will profoundly change your life for the better, as these dynamic, life-changing volumes (and all of her work) have done for me. I encourage you to read them through once quickly, and then start all over again and read each page slowly, drinking in their 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.**

— Louise L. Hay



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