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## INTRODUCTION



*“Each patient carries his own doctor inside him.”*

— ALBERT SCHWEITZER

One of the main reasons I wrote this book is because I like to make people feel good—the kind of good that comes from an unexpected, deep belly laugh and enjoying nutritious, delectable food—food that also just happens to help heal the body. It’s similar to the way your favorite childhood memory gives you a tingle and puts a smile on your face whenever it comes to you, even as you rush through an activity-filled day in a busy city or community far away from where you grew up.

My love for food and creating recipes started when I was a little girl and I watched my mom and grandmother spending lots of time in the kitchen, creating meals that brought all of us kids and our playmates out of our rooms or in from the yard. Even during holidays, my mom would always create extra room at our table for friends who were far away from their relatives or who didn’t have any family. We also invited a few service members from nearby military bases who were far away from their homes. These were good times, and great food was always the hub of the wheel, which incited lots of laughter, enjoyable conversations, and countless “Yums.”

Even to this day, I've adopted my mom's and grandmother's passion for sharing good food, as my neighbors, friends, and family can attest. I'm always making gifts of homemade creations to help brighten their days in some small way. It's one of my greatest passions in life: creating wonderful dishes and sharing my love for food and healthy living with as many people as possible. My hope is that this book will inspire you to create your own healthy meals; share them with family and friends; and find other simple ways to adopt a more nurturing lifestyle as I describe in these pages.

It's a thrill for me to have this opportunity to share my recipes with you. They're an outgrowth of decades of research and experimentation in the field of healthful living. As a young woman, I had a dream that someday I'd discover the secrets of a long life of fitness, vibrant health, youthful vigor, and exquisite joy. I'm happy to say that my dream came true, and I'm grateful to be able to share my experiences with you.

As you read this book, I hope you feel as though we're sitting across from each other at the kitchen table, visiting and chatting as friends. I already know that we have some things in common since you've chosen to read a book filled with nutritious recipes and health tips. I'm eager to share with you the secrets that have led to success for thousands of people, and I know that they can do the same for *you!*

## ***True Health and Wholeness***

If you've read any of my other books, then you're aware that my approach to creating vibrant health is holistic. If you're new to my work, here's a brief overview of my perspective and philosophy:

Health is our normal state of being, and it comes about as a result of living in harmony with nature. Lasting wellness can be achieved and maintained only through healthful living in all of its aspects. You see, health is more than the absence of disease; it refers to a vibrant quality of life. An intricate relationship links the brain, the hormone system, and the immune system, which means that feeling good is a physical, mental, and emotional experience.

Being radiantly healthy involves recognizing that all aspects of life are inter-related and must be integrated if you're to realize your full potential. In our

increasingly complicated society, to become well—and *stay* that way—takes awareness and a commitment to meeting the needs of your body, mind, and spirit.

The body reflects the mind and emotions, and the mind and emotions reflect the spirit. For example, when the physical self is in good shape—fit, toned, and strong—the mind is affected positively, resulting in high self-esteem and self-confidence. The opposite is also true. The out-of-shape, sluggish, and weak body has a negative effect on mental function, which contributes to lowered self-esteem and a negative outlook on life.

The importance of health to satisfaction and success in life has always been known. As early as 300 B.C., Herophilus wrote: “When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless, and reason is powerless.” In a recent Gallup survey, 75 percent of respondents rated optimism, clean environment, stress control, good relationships, and satisfying work as very important contributors to health. People who enjoy what they do and who feel a sense of control over their lives tend to be healthier.

Eating right, exercising regularly, thinking positively, and keeping stress levels down can do more than add a few years to your life span. They can improve the *quality* of your life, especially in later years. And Americans are living longer than ever before; the average life span for women is now around 87 years.

## Full-Spectrum Health

A healthful diet is extremely important, and it’s virtually impossible to enjoy the highest levels of health without it. But good food alone can’t ensure radiant health or youthful vitality. Extensive research in the field of health and wellness over the past 35 years indicates that there are at least 20 essential factors that must be integrated and balanced in your life if vibrancy is what you want. These include fresh air and sunshine, plenty of rest and sleep, avoidance of addictions, exercise, wholesome nutrition, deep breathing, a clean body, a balanced life, systematic *undereating*, a deep respect for life, high self-esteem, daily respites of solitude and silence, a positive attitude, and a sense of belonging. In my three-book Hay House series, *The Healing Power of NATUREFOODS*; *Health Bliss*; and this book, *Recipes for Health Bliss*, I’ve touched on all of these topics, some in great depth.

## Eating for Health

In this third book of the series, I'll focus on the best foods and recipes to enhance your health and life. For the past 25 years, I've been a culinary instructor and have worked with groups, families, and individuals, teaching them how to select excellent foods and how to prepare healthful meals that everyone will love. One of my passions has been to teach my clients how to make the simple dietary changes that result in the most profound difference in health and vitality. As an example, I share a story in Chapter 1 about one of my clients, Danielle, whom I wrote about in *Health Bliss*. I include her journey in case you haven't read that book yet. The dietary and lifestyle changes that her family undertook will inspire you to make positive shifts in your life, too.

Additionally, you'll find a variety of recipes for all occasions within these pages. You'll also learn about my favorite kitchen gadgets, which can help save you a lot of preparation time. Let's face it—very few of us have hours each day to spend in the kitchen making complicated meals. My goal is to provide you with easy-to-prepare recipes and a wide range of food tips, but I won't stop there. I'll also present additional health recommendations designed to help you live a vibrantly healthy life—physically, mentally, emotionally, and spiritually.

## Embrace Patience

As you change your diet from one that encourages sickness and fatigue to one that produces optimal wellness, don't be surprised if you feel a tad worse before you begin to feel better. An initial negative change is often a sign that your body is housecleaning, that it's trying to heal itself. Most unhealthy foods are highly concentrated and habit forming (yes, just like drugs), so it should come as no surprise that you may need to go through a short period of withdrawal. Don't let this temporary discomfort dissuade you from making the switch. Persist. The rich rewards will come sooner than you think. Supply your body only with what it needs, and it will take care of the rest.

It boils down to this: *How much do you want to celebrate life and experience vibrancy?* It's up to you. Choose today to be in alignment with nature's laws of health and healing. Persistence and commitment are the keys. How you care for your body reveals your inner sense of self-worth. Nurturing yourself with

fresh foods, pure water, clean air, sunshine, rest, and exercise will lead you to the level of radiant health you've always dreamed of having. I encourage you to get copies of the first two books in this healthy-living series so that you have at your fingertips all of the tools and information necessary to create your very best life.

I salute your great adventure and hope to meet you someday, somewhere along the way.



*“If we did all the things we are capable of doing,  
we would literally astound ourselves.”*

— THOMAS ALVA EDISON

