

Discover the Healing Secrets in Your Spice Rack!



How to Use Common Kitchen Spices to Be Healthier and Transform Yourself into a Stellar Chef!

In Biblical times, mustard seeds were thought to cure everything from toothaches to epilepsy. Saffron, black pepper, fenugreek and many other spices were also prized for their healing powers. As it turned out, the ancients had an uncanny sense of which spices were most likely to be effective. Discover what recent research has uncovered about the healing potential of spices. Learn about the health benefits and delicious taste of many kitchen spices, including black pepper, cumin, cloves, cinnamon, nutmeg, turmeric, fenugreek and oregano. Find out how easy it is to use these healthy spices in your favorite recipes to reap automatic benefits.

Known worldwide as *The NatureFoods Lady* and *The Healthy Living Expert*, Susan Smith Jones, PhD, has been a guest on more than 2,000 radio and TV shows worldwide. Rest assured no one will be bored when this holistic lifestyle consultant, culinary instructor and motivational speaker shares:

- A spice used worldwide that helps reduce inflammation and cholesterol levels.
- The best spices to boost metabolism and help you lose weight.
- The humble spice that's proving even more effective than aspirin.
- You'll never want to be without this culinary herb if you get motion sickness.
- Spices that give your brain "wake-up chemicals" and boost your energy and zest.
- How anyone can be an organic, kitchen sprout farmer and have year-round fresh vegetables and salubrious sprouts their family will love to eat (even your finicky kids and mother-in-law!).
- The spice that is single-handedly capable of making an ordinary cook a stellar chef.

TV PRODUCERS: Dr. Susan can discuss her favorite spices, superfoods and "how to grow sprouts" *live* on your show, which makes for a colorful, vibrant demonstration. Ask for your copy of her 3-minute health video.

CREDENTIALS: Susan Smith Jones, PhD, is an internationally renowned motivational speaker, award-winning columnist and Pulitzer-nominated author who has appeared on countless magazine covers. Dr. Susan has helped thousands of people enhance their physical, mental, emotional and spiritual well-being. For 30 years, she taught students, staff and faculty at UCLA how to be healthy and fit. The latest among her 25 popular books includes *THE JOY FACTOR* and the critically-acclaimed, bestselling 3-book Hay House healthy living series, *THE HEALING POWER OF NATUREFOODS*, *HEALTH BLISS* and in full color, *RECIPES FOR HEALTH BLISS*. She also was selected as one of ten "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports and is the founder and President of Health Unlimited, a Los Angeles-based consulting firm dedicated to holistic wellness education.

AVAILABILITY: Los Angeles, CA, nationwide and worldwide by arrangement and via telephone

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For more information on Dr. Susan, visit: www.SusanSmithJones.com • www.SusansRemedies.com

Susan Smith Jones, PhD, is a Contemporary Holistic Health & Lifestyle Author & In Demand Motivational Speaker Who Inspires Her Audiences Worldwide

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WHAT THE MEDIA SAY ABOUT SUSAN:

"Our phone lines always ring off the hook after her interviews." —**Vivian Porter, Close-Up with Vivian Porter, K-Earth 101, Los Angeles**

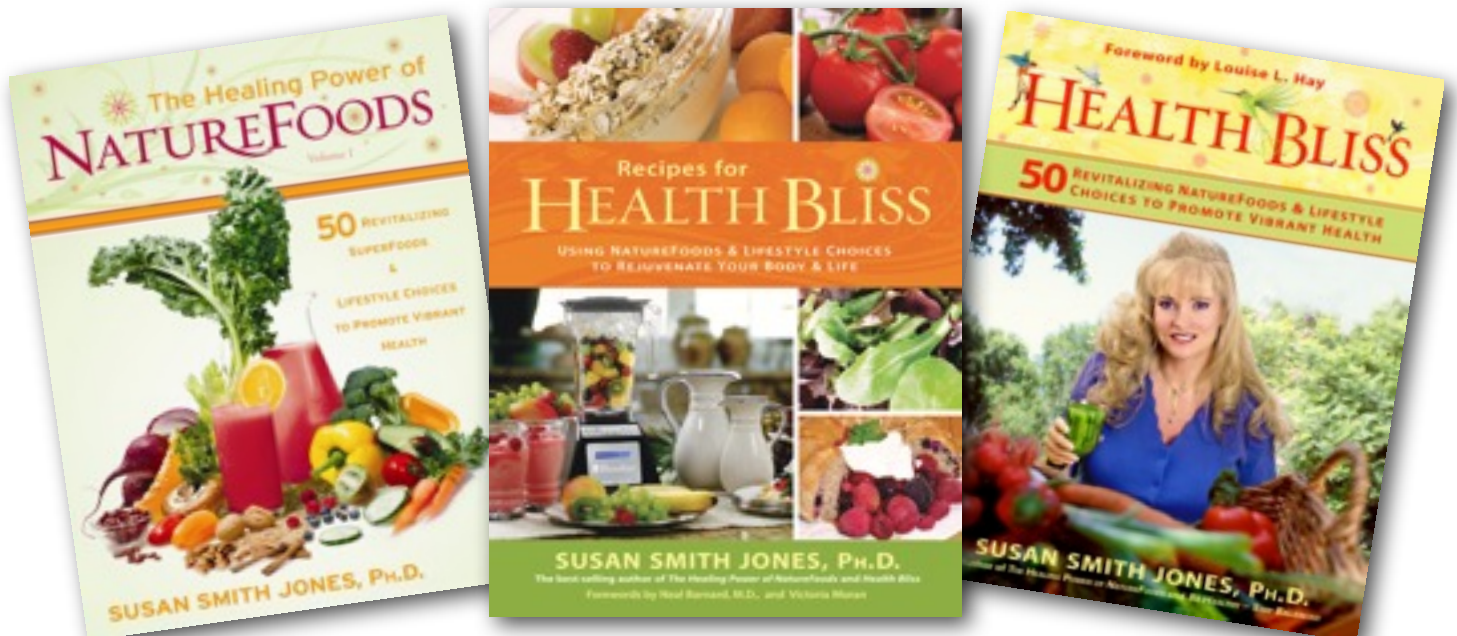
"Susan Smith Jones will not only light up your life with her enthusiasm and knowledge, she will also light up your phone lines." —**Nick Lawrence, talk show host, WEEU, PA**

"Dr. Susan Jones ... is a walking, talking, living, breathing embodiment of what she gently preaches." —**KATZ-TV's Am AZ**

"Her work in anti-aging, optimum nutrition and healthy, peaceful, balanced living is legendary. I call her the 'SuperFoods Lady' because she's been my source of inspiration and information for as long as I can remember . . . and Recipes for Health Bliss is the most beautiful health book on the planet."
— Louise L. Hay

Other topics Susan can discuss with enthusiasm and aplomb include . . .

The World's Best Stress-Busters • Using Food as Medicine • Balanced Living in 8 No-Sweat Steps • The Healing Power of Silence & Solitude • The #1 Nutritional Supplement • Weight Loss Made Easy • Why Raw Foods Energize & Revitalize • Reverse Aging in 10 Easy Steps • What all Happy, Successful People Know • Heal Your Body & Planet with these Essential SuperFoods • Foods that Increase Libido and Energy & Decrease Blood Pressure, Cholesterol, Constipation, Achy Joints and Depression • Culinary Spices that also Restore Vitality • Tips to Bolster Confidence & Self-Esteem • How to Sleep Like a Baby • 15 Natural Remedies Every Health-Savvy Person Needs in their Natural Medicine Chest • Simple High-Energy Recipes for Busy People • The ABC's of Meditation • Release Bad Habits in Record-Breaking Time • 12 Age-Defying Foods • Heal with Laughter, Sunshine, Gratitude, Water and Alkalinity • Make Peace, Faith & Love Your Default Positions in Life • Susan's Revitalizing 3-Day Detox Program • Have a Luxurious Vacation Without Leaving Home • Maintain Health While Traveling • Enjoy the Holidays Without Gaining Weight • What You Should Never Do Before Bedtime if You Want a Good Night's Sleep • And so much more!



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