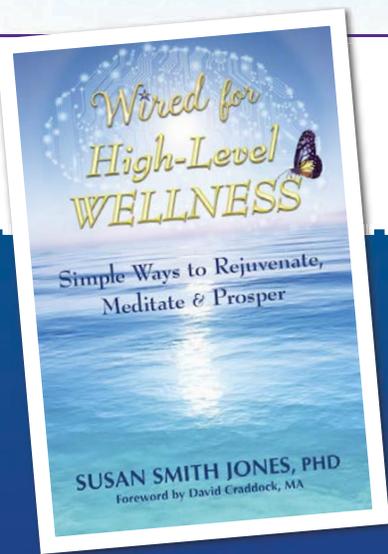


# FOREWORD FOR THE BOOK

## *WIRED FOR HIGH-LEVEL WELLNESS*

### BY SUSAN SMITH JONES, PHD



### **Susan's Empowering & Upbeat Book Will Enrich All Aspects of Your Health & Life**

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### **Foreword by David Craddock, MA (Oxon)**

*Be yourself—everyone else is already taken.* ~ Oscar Wilde

Once upon a time, there was a sweet baby girl born in Los Angeles the last day of November to happy parents and grandparents. Her childhood was filled with books to read, daily outdoor activity frolicking barefoot on the grass or the sand at the beach in Santa Monica, and family outings around the country with her mom and siblings. Her name was Susan and little did she know at the time, but her career in holistic health and writing was taking root and being fertilized.

In Susan's teen years and twenties, as you will read in the introduction to this book, she faced several serious challenges that further shaped and stimulated her career. These trails taught her deep in her core how essential it is to always put your faith and reliance on God, how with enough faith we can move mountains, why we must always keep hope and determination alive, and how the glorious human body can be healed and revitalized through a consistent healthy living program.

In her teens, Susan's maternal grandmother, Fritzie, who came from Denmark to America through Ellis Island, taught her about the importance of eating foods close to the way nature made them, making fresh juice and green smoothies, growing sprouts in the kitchen, and living a healthy lifestyle. Fritzie also encouraged Susan to get the best education possible (which she did—obtaining several degrees from the University of California, Los Angeles—UCLA) and to hone her speaking skills so she could inspire others with her understanding, wit, and wisdom.

Just as Susan and her mom were very close throughout their lives together, Susan and Fritzie were also devoted to each other's well-being. But it was Fritzie who taught her, starting in her early childhood years, about how to live a healthy, faith-centered life and this has been her way of living ever since.



From a very young age, Susan always felt a powerful and comforting relationship with Jesus and her guardian angels, as she writes about in the Preface, as she always feels their presence in her daily life. When other friends had imaginary companions, Susan always had her angels with her—and it's still the same for her to this day.

Susan's career took off and she fulfilled her mom's and grandmother's dreams for her traveling the world promoting her healthful living books, undertaking keynote addresses, lectures, workshops, and participating in media interviews on television and radio and for newspapers.

That's how I first met Susan, and it was just at the right time because my health was at an all-time low. I was 80 pounds overweight, stressed to the max with work, had irritating allergies for over 30 years, and was told by a doctor that if I didn't start making my health a priority, I would not be long for this world.

I believed that keeping our body temple vibrant and robust was essential, but I did not know where to start. Almost 12 years ago, as providence would have it, God brought this remarkable lady, Susan, to London, England, near where I lived, to give three motivating and life-enriching talks about healthy living that were exactly what I needed to hear. In previous years, I had heard other speakers discuss a variety of health topics, but no one ever inspired or empowered me like Susan did.

This kind-to-a-fault, blue-eyed, blond-haired, shining example of God's vibrant health has an uncanny ability to take complex ideas and research and distill them into easy-to-understand, life-changing information and practical guidance. I also appreciate how she weaves into her books and talks her love of God and the teachings of Jesus. It was no surprise that at the end of all three of her presentations to hundreds of people, Susan got vigorous standing ovations.

When her final talk was over on the last day in late June, I mustered up the courage to ask Susan to meet with me privately in the lecture hall in the hopes that she could help me personally with my many health issues. I reckoned that the worst thing that could happen is that she wouldn't have time to visit with me, but it was worth a try. Lucky for me, she agreed and that first hour-long encounter was one of the richest blessings in my life. Susan was patient, thoughtful, a great listener, attentive to all I was saying, very funny, and ever so perspicacious.

After our visit, Susan invited my mum and me to come to Santa Monica near her home the following December into early January for a private holistic health retreat just for us for two weeks. The transformations my mum and I made in our health and fitness was nothing short of a miracle. If you want to read about the detailed holistic program she put us both on during those memorable fourteen days and our amazing achievements, please refer to the forewords I wrote for her books *Invest in Yourself with Exercise* and *Choose to Thrive*.

Susan's books, website, and work have blessed the lives of millions of people around the globe and probably no one more than me. Her teachings and guidance helped me lose over 80 pounds, healed my annoying allergies, bolstered my energy, made me fit and strong, helped me achieve my career goals, and so much more. Susan even set up a personal gym for me in my home, upgraded my sartorial elegance, and did a makeover of my home's exterior design to spruce it up and improved my garden landscapes in both my front and back yards. Susan is a Renaissance woman and her attitude is that, with God, everything is possible; I haven't found anything yet that she doesn't do well. She often reminds me that her inner counsel with Jesus helps her with everything she thinks, feels, says, and does.

Since I now have a home in Los Angeles as well as in England, I have the pleasure of visiting often with Susan, and with each visit, I am inspired to take my wellness to a higher level thanks to her encouragement and sagacious, salubrious recommendations. This is something for which I thank God every day, for bringing Susan into my life.

At this point, you might be wondering how I was so blessed to write the foreword for this book. Well, it was about eighteen months ago and Susan was in England giving many talks throughout the UK in churches, community groups, and a couple corporations. She was also participating in interviews on the BBC and other talk shows discussing simple ways we can all achieve high-level wellness no matter where our level of health is at present moment or how much we have sabotaged our health in the past.

During her media tour, I marveled at her keen mind, her ability to discuss just about anything with savvy, and her quick-witted humor when she talked about brain health, superfoods, a courageous and balanced life, God-connecting meditation, and oil pulling. On a few occasions, she also showed people how to make healthy meals and discussed why we need to keep stress levels down, the importance of being more childlike, embracing silence and solitude, the benefits of infrared saunas (or heat therapy), molecular hydrogen remedies, alkaline water, earthing or grounding, and having the courage to dream BIG and never let anyone or anything cause us to doubt our ability to achieve our goals. She even had discussions on prosperity and how to get in the flow of God's abundance that's readily available to us all 24/7. It was fascinating to watch her in action and the countless questions delivered her way to obtain her advice and suggestions on all of these topics. That's something about Susan I know well; she is rarely at a loss for words.

Whether with small or large audiences, in person, or during TV or radio interviews, her enthusiasm for high-level wellness, and life in general, is contagious, and it was easy to see that everyone who experienced Susan's unique blend of ancient wisdom, modern science, and commonsense approach to healthy living was as inspired and incentivized as I was. She is very easygoing and so enjoyable to be around. Everyone can feel that in her presence. When you are talking to her, you feel like you are friends and you have her full attention. How very rare that is these days when so many people are not fully engaged with you when you are talking to them. You can tell their mind is somewhere else. Without a doubt, with Susan, you feel appreciated, valued, and acknowledged for your blessing in her life at that moment. It's a joy to behold!

I accompanied her on her *Wired for High-Level Wellness* media tour throughout the United Kingdom, partly because of the educational experience it afforded me to learn as much as possible about all aspects of healing the body and creating radiant health, and also because she makes me laugh a lot and I love being in her presence. People came from all over the UK and other countries to hear her speak.

In many of the talks, she would begin with asking what countries people came from to see who traveled the farthest. In one of these talks in which I was contributing to the discussion of living a healthy lifestyle, and I was standing upfront with her, someone asked what country Susan is from thinking she had an accent (which she did to all of these people), so I jumped in with a quick response on the whiteboard. I wrote SUSAN and separated the letters a tad and told everyone, "Here's an easy way to remember where Susan is from." I pointed to the "S" and said "Susan," then pointed to the "USA" and said, "she is from the United States of America," and finally I pointed to the "N" and said the word "Noble." "So you see, Susan's an American Noble," I boasted because of my spontaneous creativity, which made Susan smile and blush, and the audience laugh. And the truth is, she is very much a noble lady from the USA.

When Susan's tour was over, we carved out time to take a half-day hike (four hours!) in the beautiful, scenic hills of Staffordshire located in central England. During this quite arduous hike up and down very steep hills, we would constantly compete with one another to see who could make it to the top of the hill the fastest. Our competitive natures blend well, and we always push each other to achieve our best times and ever-greater accomplishments.

During this hike, we even managed to talk when the path was more level or took us downhill. Thinking about all of the myriad topics she had covered the previous couple of weeks during her media tour, I thought to myself, *Wouldn't it be terrific if she would put all of this material into the form of a book so I could have it on hand to go over often and also to gift others with this book.* So when we had a chance to stop briefly to drink some water and eat a banana, I broached the topic with her and said, "Susan, everywhere you went, people were so receptive and open to your eclectic discussions on wellness and always seemed to want more. Why don't you write a book with the same title of *Wired for High-Level Wellness* with an emphasis on how to rejuvenate the body head-to-toe, and include ways to commune with God through meditation and how we can all be a magnet for God's riches in our lives? Oh yes, and also incorporate some of your simple and delicious recipes for the green smoothies you are always making for us." And then I added this: "Since I am no longer a young man in my biological age (Susan has taught me that my age is only a number and that we are all as young as we feel, and I feel very youthful), I'd also like to request that you add in a chapter or two about brain health, as you talked about in the corporate lectures and on the television shows, and how to keep the brain sharp and focused; tell us all how to keep our brain cells and all of our faculties intact and in the pink well into older age. I know that many of my friends and business associates would also appreciate learning more about this significant topic."

Well, I am pleased to say that my suggestion of a new book stopped her in her tracks and she was so overjoyed with excitement and enthusiasm that she all of a sudden did a cartwheel on the apex of a very steep hill. That's another characteristic about Susan: She is always surprising you with what she says and does and her rich enthusiasm for enjoying life shines through in all of her quotidian pursuits and activities.

And then she said to me with a somewhat quizzical expression on her face, "I'll tell you what—let's race to the next hill's apex and there I will give you my answer to your request of me," and off she went getting a head start on me, as she often does. I must have stimulated her brain and got her enthusiasm bubbling over because I could not catch up to her on this fast trek. When I finally reached her with our usual "high five" congratulatory tap at our accomplishment, with her usually beaming smile, she told me she loved my book idea and would make it happen, but only with the condition that I write the foreword, again, for this book. Truth be told, she didn't have to twist my arm at all to encourage me to say yes to her offer. It is always my pleasure and blessing to write forewords for any of her outstanding and life-enhancing books.

All the way back down, and until the end of this four-hour-hike, we couldn't stop talking about the contents of this book. By the time we finished the hike, we were both energized mentally from all of our discussions, inspired spiritually from God's bountiful nature all around us for hours of hiking and respites of prayer time, and physically satisfied from the challenging, gradient hill workout and accomplishment of finishing the course in our best time ever!

Next, we were meeting a couple friends for lunch at a café nearby the hike's trailhead, and we both mentioned how hungry we were for a healthy meal, which we definitely earned from the trek

that started early morning. We arrived first at the café and agreed equally that sitting down was most welcomed. As we were savoring a couple glasses each of room temperature lemon water, our friends arrived and joined us saying as they sat down, “We are exhausted because there was no parking available in front of the café and we just had to walk two agonizing blocks to get here.” Our friend said he was going to ask his wife to get the car after lunch so he didn’t have to walk so far again. Susan and I quickly smiled at each other and tapped our knees under the table. We both intuitively knew that we’d keep quiet about our multi-hour hike on steep terrain so as not to make this couple feel embarrassed or uncomfortable.

However, we did take this opportunity to talk to them about this new book idea that I gave to Susan and we asked them what information would appeal to them to include. Since they were both often stressed out in their careers, they suggested info on how to keep the body and mind calm when challenges and difficulties rear their ugly heads in life. They were both Christians, too, and wanted to learn about meditation, what it really means, how to do it, and how to reap the benefits. They also wanted to learn more about our Christian lifestyles in the book as a way to inspire them to strengthen their relationships with God and Jesus, and why the Bible is so important to Susan and me. Since Susan often speaks about the healing power of living with gratitude every day, our friends wanted to read more on this topic in the book.

After our friends left, Susan and I stayed at the café to talk some more about the contents of this book and to create the outline. Being positive and optimistic is Susan’s normal way of being, and when we are together, we have a grand time discussing anything and everything on creating our very best lives. Hours fly by when we are engrossed in mind-stimulating and health-enhancing topics. And I am often gobsmacked at her magnificently positive and infectious enthusiasm to everyday situations and all life.

When others hear how well I know Susan, I am often asked to describe her characteristics, hobbies, and interests. That’s quite easy for me to do. More than anything, she loves to be out in nature where she feels ever so close to God and her angels. Yes, indeed, she has a close relationship with her guardian angels and talks to me about this often. In fact, they are ever so close to Susan and help her with achieving her goals and dreams, appreciating life’s simple blessings, seeing the best in others, and orchestrating the minutiae of her daily life. She is, indeed, a very caring and ebullient person, always seeking to look for the best in everyone and everything.

Laughter is an elixir for her, and she laughs often and is also a practical joker, as I’ve written about in the foreword for her book *Be the Change*, but never in a way that would hurt or humiliate another person. Susan frequently puts coins in peoples’ parking meters so they don’t get tickets. She goes out of her way to show kindness to others. It was her mom who taught her about the importance of living by the Golden Rule, which is the main tenet by which she lives each day. In fact, there’s never been a time when she was driving us somewhere in the USA or in England that she didn’t let in another driver when requested or thank other drivers for letting us in. It’s just her nature to be kindhearted and good-natured, and she has taught me so much about the value of kindness and living by the Golden Rule from Matthew 7:12 (“Do unto others as you would have them do unto you”).

Susan is, indeed, a wordsmith and is often carrying around a dictionary to study. I’ve never seen anyone else do this, and in Chapter 1, you will understand why she is a true logophile. Susan is especially fond of words that end in “ful.” So if I needed to describe Susan with only “ful” words—something she will greatly appreciate when she reads this foreword, here’s what I would say.

Susan is . . .

*Blissful ♥ Youthful*  
*Zestful ♥ Playful*  
*Resourceful ♥ Dutiful*  
*Skillful ♥ Peaceful*  
*Masterful ♥ Truthful*  
*Gleeful ♥ Merciful*

*Beautiful ♥♥♥ and just plain WONDERFUL!*

Susan loves to do media work on television and radio talk shows to discuss any health- and life-enriching topic, and she favors any discussion about living a God-centered life. She's told me before, "If I can inspire people to take better care of their bodies and health, and also develop a closer relationship to God, then I will have fulfilled the purpose God has bestowed on me."

More specifically, in keeping with Susan's Christian faith, most of her favorite TV and radio shows in which to participate are the Christian programs because she is free to not only talk about holistic health, often lacking on most of these TV programs, but most especially about her very close and personal relationship with God and Jesus.

I am confident you will also derive tremendous value from this masterful and eclectic compendium, *Wired for High-Level Wellness*. Susan reminds us that we were created by God and have been blessed with a miraculous body. From head to toe, she shows us how to not only heal the body but also create robust health at any age. We were not created to simply get by with an unrewarding, unfulfilling, and prosaic life. God wants each of us to flourish, thrive, and live our best life. It's difficult to do this if we are dealing with health issues—big or small.

As you put Susan's key principles and suggestions into action, you will quickly feel the difference and start glowing with vitality. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key, and Susan will keep you focused on the long-term results that come from choosing a healthy lifestyle. No matter your reason for turning to this book—whether it's to find more happiness in life, look and feel better, find balance, discover how to eat healthier and be more positive, reinvigorate your body, boost your self-esteem, and/or live a more peaceful, hopeful, prosperous life with a heart full of faith and a strengthened relationship with God—this book will lead you in the right direction. Get ready to feel wonderful in body, mind, and spirit and enjoy the extraordinary life you were designed to live.

~ David Craddock



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