

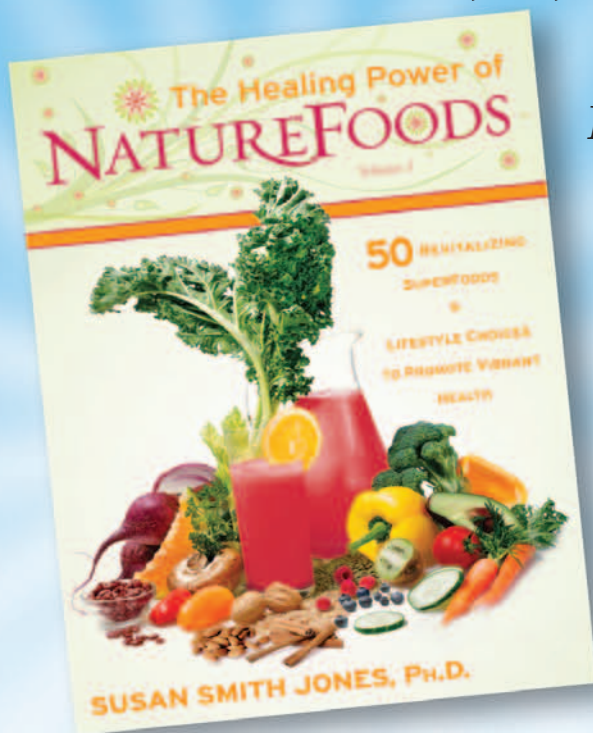
# The Healing Power of **NATUREFOODS**<sup>TM</sup>

*by Susan Smith Jones, M.S., Ph.D.*

**Many of us make the wrong choices every day by consuming foods that were never intended for our miraculous bodies. In *NATUREFOODS*, Susan shows us how to make the appropriate food choices to reduce our risks of premature aging, heart disease, common forms of cancer, arthritis, diabetes, and reduced vision and mental functions ...and lose body fat at the same time.**

Americans are increasingly aware that food quality determines our health. For 35 years, Susan has understood this and knows that food is usually the best medicine for what ails us. In *NATUREFOODS*, she brings this wealth of knowledge together in one impressive book and tells you how to select, prepare, store, and use medicinally more than 50 familiar foods. Her tasty and inventive recipes promise boundless pleasures for your everyday table. A must-read for vegetarians, nonvegetarians and anyone interested in vibrant health and great food from an outstanding culinary instructor who writes from the heart.

*—Neal Barnard, M.D., founder & president, Physicians Committee for Responsible Medicine*



***NATUREFOODS**<sup>TM</sup> shows us that vibrant health starts in the kitchen by choosing the 50 most essential healing foods.*

Susan has authored over 17 books and hundreds of magazine articles, and she has had her picture on the covers of several publications. For 30 years, she taught fitness and health at UCLA and is internationally renowned as a holistic health consultant and motivational speaker to corporate, community and church groups. As a frequent guest on radio and television talk shows, Susan enthusiastically shares her wisdom and expertise on simple ways to create vibrant health and live a balanced, peaceful life.

**To order her new book, *NATUREFOODS*, please call Hay House: 1-800-654-5126**

*Visit Susan  
online at*

**[www.SusanSmithJones.com](http://www.SusanSmithJones.com)**



# What folks with “Good Taste” are saying about *The Healing Power of NATUREFOODS™*

Do you wish you could achieve your natural weight, have abundant energy and a clear mind, look years younger, disease-proof your body and find inner peace? Now you can! **NatureFoods** holds the simple keys to help rejuvenate your body, mind and spirit. Susan presents a powerful, healthy approach for anyone who's rushed, stressed or sick, or simply desires radiant health and vitality. This book is an excellent guide, providing both sound nutritional direction and easy-to-prepare recipes. We thoroughly enjoyed **NatureFoods** and recommend it highly.  
—Denise Cook, PhD and Chuck Cook, MD, Portland

In **NatureFoods**, Susan Smith Jones provides the reader with a better understanding of the specific advantages of the plant kingdom as an excellent source of nourishment. Her material is based on the perfect balance of scientific knowledge, nutritional wisdom and long-standing culinary experience.  
—Elson M. Haas, MD, Preventive Medical Center of Marin and author of *The Revised Detox Diet*

In **NatureFoods**, Dr. Susan Jones blends the joy of eating with solid advice about health. It's primary reading for those who believe, as I do, that good health starts in the kitchen. An investment in this laudable book, if you apply it's contents in your life, is guaranteed to bring you tremendous rewards of vibrant health and a renewed zest for life.  
—Ben Kim, DC, Life Essentials Health Clinic, Barrie, Ontario

In a very understandable and entertaining way, Dr. Jones crystallizes all the reasons we've been told to “eat our fruits and vegetables.” She has diligently reviewed the medical and scientific literature on these important foods so that it's clear how much control we have over our health by simply choosing the proper foods, some of which will come as a pleasant surprise. Well done, Dr. Jones!  
—Brian S. Boxer Wachler, MD, director, Boxer Wachler Vision Institute, Beverly Hills

Susan Smith Jones brings together the latest and most dramatic findings about all the foods we eat and drink. In a wonderfully lucid presentation, she makes a banquet of facts into an attractive manageable meal of nourishing information. I will enthusiastically recommend **NatureFoods** to my patients.  
—Edgar Maeyens, MD, Coos Bay

**NatureFoods** is a thorough and practical guide for anyone seeking wellness through the wonderful medicinal power of food. Susan's extensive recommendations are well-researched, concise and, most important, easy to implement. Overall, this book is an essential guide for everyone who cares about being disease-free and radiantly healthy.  
—Nancy S. Schort, DDS, Santa Monica

You will thank your lucky stars that you have this esteemed book as your guide.  
—Lendon H. Smith, MD, author of *Happiness is a Healthy Life*

**NatureFoods** is a book you'll treasure for years to come. Dr. Jones has superbly bridged the gap between the highly technical world of nutritional science and the real world of everyday eating and health practice. This book is readable, reliable and entertaining, abounding with simple, yet delicious recipes. Susan participated on a national television food show in one of our restaurants extolling the virtues of our menu, recipes and the advantages of raw foods in general. She is a shining example of the benefits of a living food lifestyle, and we will gladly recommend her book in our restaurants. Kudos to Susan!  
—Tolentin Chan, Quintessence Restaurant, New York City



**NatureFoods** combines the latest medical research with wisdom from a caring, nutritionally aware health expert to create a clear, optimistic guide to staying younger far longer. With topics ranging from antioxidant-rich foods that protect arteries and cells to strategies to boost immunity, beautify skin, improve vision, and enhance endurance, mental clarity, and overall well-being, Susan pieces together the multiform clues to longevity and vitality. Let her show you how to age gloriously with dignity and radiant health.  
—Olin Idol, ND, CNC, Vice President of Health, Hallelujah Acres

Build up your defenses with **NatureFoods** – a medically sound, reader-friendly and helpful book that elucidates diet's role in wellness and disease prevention. Outstanding!  
—Peter J. Gravett, Major General, USA (Ret.)

Dr. Susan Jones is a popular and frequent guest on my health radio show and a wonderful example of living by God's natural health laws. Gratefully, we now have access to her wealth of nutritional knowledge in her new book, **NatureFoods**, that will do more than stimulate your palate. Susan's understanding of how food choices affect well-being, when applied to your life, will renovate your looks and attitude about food. Her research and practical advice, along with uncomplicated, nutrient-rich recipes, will propel you to a life of vibrant health and harmony. Whether you're 9 or 99, you have a treat in store. You'll welcome her essential guidance on how to heal your body, mind and spirit.  
—Louie B. Free, host of the radio talk show *Brainfood from the Heartland*

Reading **NatureFoods** is an important step on the road to optimal health. You will learn how to choose the best foods to create a healthy and happy life. Read it and add years to your life and life to your years!  
—Joel Fuhrman, MD, author of *Eat to Live*

If you read this spectacular book, you'll say good-bye to low energy, poor digestion, aches and pains, extra pounds and disease. Instead, you'll say hello to mental clarity, a lean, trim body, renewed vigor and better over-all health. Thank you, Susan Smith Jones, for giving the world the gift of your knowledge, inspiration, practical whole food recommendations and easy-to-prepare scrumptious recipes.  
—Rev. John Strickland, Unity

**NatureFoods** is the definitive word on the best 50 foods to eat that will protect our bodies from disease and help us look years younger well into old age. I purchased several dozen copies to give as gifts to my family and friends.  
—Dianne Warren, author of *Vegetable Soup & The Fruit Bowl*, Sarasota

If you are exhausted, struggling with health issues and futilely battling your weight; if you suffer from insomnia, asthma and allergies; if you find you just do not have the vitality and optimism you once had; or if you simply desire to calm a stressed nervous system, restore immunity, prevent illness and live a happier and healthier life, then **NatureFoods** is the perfect book for you. In easy-to-understand language, Susan presents the healthiest foods and recipes to transform your body, your health and your life. Enthralling and cogently readable!  
—Nick Lawrence, radio/TV talk show host

Susan reminds us that all nutrients needed by the body are available in unadulterated whole foods. It couldn't be any simpler; the basis of life is eating a variety of natural, colorful foods as close to the way nature made them as possible. **NatureFoods** now holds a prominent place in our library at the NHA.  
—Lynn Grudnik, Executive Director of the National Health Association and Editor of *Health Science*

**NatureFoods** is a gem. It's filled with sound food advice, practical culinary tips and the essential keys to create a life filled with vibrant health and the celebration of natural foods. If you need some inspiration to upgrade your diet, this is the book for you!  
—Shera Raisen, M.D., Raisen Integrative Medicine, Santa Monica

In **NatureFoods**, Susan presents a stunning synthesis of the importance of eating natural whole foods. I've been fortunate to have Susan as my personal culinary instructor several times each year for the past 25 years, and I've also attended many of her motivating and inspiring workshops. Thankfully, I now have her invaluable health and food knowledge in this enjoyable book; it's the best health gift I could give myself and all of my friends and loved ones. Terrific!  
—Jamie S. Carr, Rancho Santa Fe

# Plates Piled High with Praise for **NATUREFOODS**<sup>TM</sup> by Susan Smith Jones, M.S., Ph.D.

USA \$14.95 • CAN \$17.95 • UK £9.99  
Publisher's Price Higher in Other Countries

Health/Nutrition

*"A must-read for vegetarians, nonvegetarians, and anyone interested in vibrant health and nourishing food from an outstanding culinary instructor who writes from her heart."*

— Neal Barnard, M.D.

*"Susan's book holds the simple keys to help rejuvenate your body, mind, and spirit. She presents a powerful, healthy approach for anyone who's rushed, stressed, sick, or simply desires radiant health and vitality."*

— Denise Cook, Ph.D., and Chuck Cook, M.D.

## THINK HEALTH, WHOLE FOODS, AND SIMPLE LIFESTYLE CHOICES . . .

. . . that's the basic premise behind this informative book! While we all know that healthy eating is one of the main keys to a long life, few of us understand which specific foods and other lifestyle choices can help protect the body and cultivate optimal health.

This book combines the latest research on the "HOT" 50 superfoods that prevent the most common age-related illnesses, with essential information on the healing power of raw foods; sleep; pH balance; water; exercise; and a positive, grateful attitude. It offers you a comprehensive understanding of the amazing health potential of plant-based foods and shows you how to enjoy a level of vitality you never dreamed possible.

In her usual well-researched yet easy-to-understand manner, **Susan Smith Jones** demystifies any nutrition and health confusion you may have and shows you how to:

- Achieve permanent weight loss
- Lower cholesterol and high blood pressure
- Reduce inflammation
- Strengthen your immune system
- Help fight cancer and diabetes
- Relieve aches and pains
- Alkalize and energize your body
- Live stress free and forever young
- Detoxify your body
- Rejuvenate your skin and hair
- Alleviate depression
- Boost your antioxidant capacity
- Protect your heart, vision, and genes
- Experience more joy and peace

*. . . PLUS, Susan brings you easy-to-prepare, nutritious, delicious recipes!*



Heidi Curry

**Susan Smith Jones, Ph.D.**, has authored 17 books, a variety of audio programs, and hundreds of magazine articles. For 30 years, at UCLA, she taught students, staff, and faculty how to be healthy and fit; and she is internationally renowned as a holistic-health consultant and motivational speaker to corporate and community groups. As a frequent guest on radio and television talk shows, Susan enthusiastically shares her wisdom and expertise on simple ways to create a vibrant, balanced life.

Website: [www.SusanSmithJones.com](http://www.SusanSmithJones.com)

Tune in to [HayHouseRadio.com](http://HayHouseRadio.com)® for the best in inspirational talk radio featuring top Hay House authors!



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"Susan knows that eating food closest to its natural state creates a remarkable energy exchange between food and body. The result is a transformation to optimal vitality. Read *NATUREFOODS*, and find out which colorful foods increase energy levels, boost immune function, dispel depression, support emotional stability, enhance vision, beautify skin, improve digestion and sustain overall great health. Outstanding!"

—*Gabriel Cousens, M.D.,  
author of Spiritual Nutrition*

"For years, Susan Smith Jones' articles have been among the most popular in our magazine. She's a dedicated health educator with a talent for translating vital, current nutritional information into elegant, understandable prose. Luckily, Susan has now put much of her vast knowledge into *Unleash the Power of NATUREFOODS*, a cutting-edge scientific and practical guide for using the power of colorful foods to heal your body, conquer disease and stay healthy. This remarkable book should be savored by anyone interested in living a long and vibrant life in body, mind and spirit. It's full of amazing facts and sound advice!"

—*Cindy Saul, Editor/Publisher,  
phenomeNEWS*



To order copies of *The Healing Power of NATUREFOODS*,  
please call Hay House toll-free: 1-800-654-5126

Visit Susan online at [www.SusanSmithJones.com](http://www.SusanSmithJones.com)

To order her audio programs and other books, including *Choose to Live Peacefully*, *Choose to Live Fully*, *Celebrate Life!*, *Wired to Meditate*, *Be Healthy~Stay Balanced* and *Vegetable Soup/The Fruit Bowl*, please call: 1-800-843-5743 (9-5 PST)