



# A HUG IN A MUG

*Revitalize with Fruits, Veggies, Juices,  
Soups, Spices, Teas & Healthy Living Extras*



**Susan Smith Jones, PhD**

## Praise for *A Hug in a Mug* & Susan Smith Jones

See page 311 for the unabridged endorsements.

*I have learned over the years that when one's  
mind is made up, this diminishes fear; knowing  
what must be done does away with fear.*

~ROSA PARKS

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

~THOMAS ALVA EDISON



“This comprehensive book, *A Hug in a Mug*, will open your mind to a new, more wholesome way of living. Susan understands that treating your body as a whole—not just your symptoms—is a powerful health strategy. . . . From ancient wisdom to modern treatments, these trusted practices will help you in many ways such as to quiet your mind and feel more peaceful; relax and recharge with herbal teas and fresh juices; appreciate your miraculous human body; release extra weight on your body; embrace the healing power of cold therapy; refuel your enthusiasm and keep yourself motivated; find balance through whole-food meals and recipes; claim victory over a stressful, anxious lifestyle; cultivate an attitude of gratitude; orchestrate a tranquil and calming home environment; use the best culinary spices for what’s ailing you; create the most youthful skin at any age (and Susan is a shining example of this); and be kind to yourself with a curated self-care routine. . . . Covering a wide range of simple remedies, alternative therapies, and lifestyle practices, *A Hug in a Mug* will help you to feel your best, renewing your vitality and restoring your bliss.”

~MYRAN THOMAS, LA ESTHETIQUE WELLNESS,  
WEST LOS ANGELES

“If you want to become the best version of yourself, you will love *A Hug in a Mug*. It’s like having your own personal health coach cheering you on, page after page, with great practical and spiritual advice that works! If you’re tired of starting your diet over every Monday, if getting dressed stresses you out, if you are hesitant to look in the mirror because you don’t like what you see, or if you are sick and tired of being sick and tired, this book will be your godsend. . . . It will definitely put you on the fast track to radiant health and provide you with all the tools you need to live fully and achieve vitality, confidence, happiness, and much-deserved success.”

~KARLA CALUMET, PHD, MHA, HEALTH PSYCHOLOGY  
CONSULTANT & FACULTY MEMBER, TALK RADIO HOST

“Susan’s upbeat, holistic health books have graced the shelves of my home library for decades. But this book, along with the companion books in the trilogy, is now my favorite. It’s so much more than learning why we should include delicious herbal teas, fresh colorful juices, vibrant veggies, healing spices, and delectable soups in our health program. I have now reimagined mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Intermittent fasting is now part of my healthy living routine. I know which foods help to assuage stress, lower blood pressure, relieve depression, boost energy, and support weight loss.

“It’s a cornucopia of countless healthy living tips with superfoods, meal preparation, and recipes (. . . worth the price of the book) as well as the other essential lifestyle practices to heal your body and create youthful vitality at any age. . . . And the cherry on the cake (plant-based, of course) are all of the immensely heartening, meaningful quotations sprinkled throughout the book along with her infectious sense of humor and positive perspective about life, which is so encouraging. Kudos!”

~EILEEN HAYDEN, FOUNDER & CEO,  
AUCTION EVENT SOLUTIONS

“Susan has been coming to my salon for years to keep her shiny, long hair in tip-top condition. During most of our visits, we talk about, among other things, the latest book she is writing. . . . As the perfect finish to the trio that includes her two previous books, *UPLIFTED* and *Wired for High-Level Wellness*, this groundbreaking volume on living better and longer challenges the conventional medical thinking on aging and reveals new approaches to preventing chronic disease and extending long-term health, written by a visionary wellness practitioner and leading healthy living and longevity expert. . . . You will discover simple and practical strategies for eating and living holistically, with an emphasis on sustainable practices that promote well-being and balance. From understanding the importance of nutrition to exploring natural remedies and alternative therapies . . . to developing a daily invigorating peace-enhancing practice, you will discover the tools you need to create a holistic lifestyle that works for you.”

~STEVEN CRITHFIELD, MASTER HAIR STYLIST,  
CLAUDIO D’ITALIA, LOS ANGELES

“A *Hug in a Mug* is so much more than a comprehensive holistic health guide and recipe book. Yes, it’s wonderful to know the best teas to drink for what ails you; how to get . . . back on track when life gets you down and you are stressed to the max; how and when to use culinary spices . . . to flavor your foods; . . . ways to add more vegetables into your daily meals; special ways to make soups to enjoy in mugs that are appealing year-round in both hot and cold weather; how personal cryotherapy treatments can be done in the shower. But . . . this book goes a few steps further.

“Susan covers beautifully how to treat yourself with self-compassion and get in touch with your inner fountain of peace and joy and to live more in the present moment. It’s difficult to do that if you are sick, tired, depressed, or frequently consume junk foods. . . . After reading this book, you, too, will embrace the fact that your best years are ahead of you—and that’s a powerful way to live and be.”

~GINNY SWABEK, WIFE, MOTHER, GRANDMOTHER,  
COPY EDITOR & AVID READER

“A *Hug in a Mug* is part whole-food, plant-based (WFPB) cookbook, part high-level wellness lifestyle book, and part engaging storytelling, chronicling the history of teas, herbs, spices, fruits, and vegetables throughout the world going back thousands of years. It is a page-turner. . . . Susan learned about the healing benefits of plant-based foods and the importance of emphasizing uncooked (raw foods) when she was a teenager from her grandmother. In a few short months under her grandma’s mentorship, Susan gained a deep understanding on how to successfully treat her body for allergies, asthma, acne, arthritis, depression, extra weight, and more with some simple healthy living practices that she covers in detail in this enthralling book. This highly enjoyable holistic health and lifestyle book is sure to appeal to anyone who’s serious about upgrading their diet, boosting energy, increasing confidence, releasing harmful food habits, slimming down, firming up, and taking years off both their looks and their outlook. You will love this beautifully designed, enlightening book.”

~OLIN IDOL, ND, CNC, VICE PRESIDENT OF HEALTH  
AT THE HALLELUJAH DIET

“Want to learn how to clean up your diet but don’t know where or how to start? Wish you could lose the extra weight you have been carrying around for way too long? Concerned that healthy eating is boring or might not work for you? Bored with your current eating program and need some new, fresh ways to add nutrients, flavor, and spice into your diet and life? Eager to learn the best natural remedies for whatever is ailing you or what an SOS-free diet is all about?

“If you answered yes to any of these questions, then this highly motivating book, *A Hug in a Mug*, will be perfect for you. It’s filled with myriad tips and suggestions on ways to upgrade your diet, enjoy more nutrient-dense veggies, make scrumptious soups, choose the best healing teas for whatever is ailing you, make fresh and healthful juices, detoxify and rejuvenate your body, and become a masterful chef of whole-food cuisine in your own kitchen. . . . As a result of integrating her food and lifestyle tips into my daily

living program, I am happy to say that I am now healthier than I've ever been in my life, thanks to *A Hug in a Mug*. You'll want to get several copies to give as gifts to family and friends—a gift that will keep on giving for years to come.”

~RIC BRATTON, FOUNDER & HOST,  
*THIS WEEK IN AMERICA*

“Whether your preference is to eat plant-based foods only, as I do, or you prefer a combination of plant-based and animal foods in your diet, or you just love trying new things, *A Hug in a Mug* will not disappoint you. This book has it all and includes scrumptious recipes and countless effective tips on how to lose weight, heal your body, use raw foods to revitalize and rebuild, live disease-free, boost energy, build confidence, and more. Susan will become your personal health mentor and guide you step by step on how to create your healthiest life. . . . The inspiring quotes throughout the book will empower you, too. I know you will be uplifted with Susan's many personal stories of how she overcame challenges in her life. She shows us how we can all go from being a victim to being victorious in all areas of our lives, as she did at different stages in her life, and how she has guided many of her clients to victory in their lives. Living victoriously is a choice we can all make, and Susan will motivate you to do just that!”

~MAMIKO MATSUDA, PHD, AUTHOR

“What if you could nurture your body and mind through the power of holistic practices, natural remedies, and nature's most nutritious foods? Are you searching for comprehensive guidance on high-level wellness—from wholesome remedies to achieving easy and sustained weight loss to reveling in optimal health and vitality? Well, look no further. This is an empowering book that . . . clearly spells out how to enhance your God-given body from head to toe and put you on the rapid-results path to assured success in your healthy living goals and in life generally. This is also the perfect companion book to go with her previous, stellar books, *UPLIFTED* and

*Wired for High-Level Wellness*, which also inspired me to achieve vim and vigor—physically, mentally, and spiritually. . . . Written to motivate, inspire, and enlighten, this reader-friendly, beautifully designed, health-enriching book will provide you with the knowledge and practices necessary to create youthful vitality at any age and a faith-filled life of great adventure and vibrancy.”

~LEE FREDRICKSON, PHD, FOUNDER & PRESIDENT,  
21ST CENTURY PRESS



*Whether you think you can, or you  
think you can't—you're right.*

~HENRY FORD

*The most difficult thing is the decision  
to act. The rest is merely tenacity.*

~AMELIA EARHART

# A HUG IN A MUG

Two yellow butterflies with black markings on their wings, one on the left and one on the right, flanking the central text.

*Revitalize with Fruits, Veggies,  
Juices, Soups, Spices, Teas  
& Healthy Living Extras*

**Susan Smith Jones, PhD**



**Books to UPLIFT**  
*Rejuvenating Your Health & Enriching Your Life*



**Disclaimer:** The health suggestions and recommendations in this book are based on the training, research, and personal experiences of the author. Because each person and each situation are unique, the author and publisher encourage the reader to check with his or her physician or other health professional before using any procedure outlined in this book. Neither the author nor the publisher is responsible for any adverse consequences resulting from any of the suggestions in this book.

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## Other Books by Susan Smith Jones, PhD

*Pursue some path, however narrow and crooked,  
in which you can walk with love and reverence.*

~HENRY DAVID THOREAU



- ☆ *UPLIFTED: 12 Minutes to More Joy, Faith,  
Peace, Kindness & Vitality*
- ☆ *Wired for High-Level Wellness*
- ☆ *Invest in Yourself with Exercise*
- ☆ *Vegetable Soup/The Fruit Bowl*  
(a nutrition book for children)
- ☆ *Kitchen Gardening*
- ☆ *Joy & the Butterfly*  
(an enchanting children's book series)

Please visit [SusanSmithJones.com](http://SusanSmithJones.com) to learn more about these books or to get autographed copies from the author, which include a note-card and bookmark.





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*Each patient carries his own doctor inside him.*

~ALBERT SCHWEITZER

*No one can make you feel inferior without your consent.*

~ELEANOR ROOSEVELT



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*Try to be a rainbow in someone else’s cloud.*

~MAYA ANGELOU



# Foreword

## *by Stephan Esser, MD*

*Nothing great was ever received without enthusiasm.*

~RALPH WALDO EMERSON

*The people who eat the most animal protein  
have the most heart disease, cancer, and diabetes.*

*A good diet is the most powerful weapon  
we have against disease and sickness.*

~T. COLIN CAMPBELL, PHD

**D**o you want to improve your health? Do you want to rediscover vitality and optimize your nutrition and your function? I know you do. That's why you picked up this special book by Susan. It is rare to find someone as knowledgeable and as passionate about health as Susan, so I am thrilled you are reading it. I am confident you will enjoy this text, which is loaded with inspiration and educational tips and tools. This book can propel you to a more vital life and may just change the lives of those around you for generations to come.

Susan was just a teenager when her father unexpectedly died. During the year after his demise, she spiraled downhill quickly and gained over fifty pounds. As a result of this weight gain and her unhealthy lifestyle, she developed many chronic ailments, which she describes in detail in *A Hug in a Mug*. With stunning transparency,





Susan reflects on the personal toll her illnesses took on her physically, emotionally, and spiritually and on how we can all find the health answers and simple solutions we seek.

Fortunately for Susan, her grandmother Fritzie, who in the sixties was a student of my grandfather, William L. Esser, ND, DC, invited Susan to live with her for the summer and promised her that within three months, she would be back to her healthy weight, would no longer have any of the ailments she developed, and would go from feeling helpless and totally depressed to hopeful and vibrantly positive.

Providentially, it was my grandfather who educated Susan's grandmother on how to heal Fritzie's own personal health issues, and then Fritzie showed Susan how to do the same with these healthy living guidelines. So, with Fritzie's wisdom added to Susan's determination and 100-percent commitment, Susan's poor physical and mental health turned around to vibrant whole-body vitality—and in only three months! Put simply, Susan's head-to-toe healing centered on using nature's God-given, plant-based foods, emphasizing lots of raw veggie salads and meals, fresh juices, and a variety of healthful practices such as regular exercise, ample sleep, plenty of sunshine, time in nature, stress management, deep breathing and prayer, and more. The stories in this book about Susan and her grandmother and Susan's work with clients worldwide are heartwarming and encouraging.

Susan has carried on Fritzie's health guidance from those early days, combined with her own education, in all of her work over the decades. In fact, Susan and I have both been speakers on a number of occasions at the National Health Association (NHA) conferences, and that's where we met and found out how much we have in common and the small-world connection between her grandmother and my grandfather.

For all of its successes, mainstream medicine has failed to make much progress against the diseases of aging that kill most people: heart disease, cancer, dementia and Alzheimer's disease, obesity, and type 2 diabetes. Susan and I both believe that a healthy body comes from a healthy lifestyle, and it can be summed up with these words:

*Health by choice, not chance.* Our grandparents knew that the best way to heal the body and stay vibrantly healthy is by living as close to nature as possible with what we choose to eat and how we live day in, day out. This is what we teach people at our Esser Ranch and what Susan teaches people in all of her work.

This inspiring book offers a wealth of wholesome health information with simple ways to transform your eating habits; create whole-food, plant-based meals the entire family will love; boost your metabolism with exercise; sleep like a baby; turn on your body's key longevity switches; live more joyfully; supercharge your self-confidence; and more. Her countless healthy living tips and delicious, easy-to-prepare recipes will inspire you to take the high road to optimum health. With dozens of references, science-based strategies, and suggestions, *A Hug in a Mug* is a motivating and empowering guide to creating and sustaining health—for life.

~Stephan Esser, MD, Esser Health



*Some people think plant-based, whole foods diet is extreme. Half a million people a year will have their chests opened up and a vein taken from their leg and sewn onto their coronary artery. Some people would call that extreme.*

~CALDWELL ESSELSTYN, MD



## Up Close & Personal— How Susan Celebrates Life!

*A woman is like a tea bag: You can't tell how strong she is until you put her in hot water.*

~ELEANOR ROOSEVELT

*To act magnanimously, to maintain high standards, and to be honorable, requires a commitment to yourself. Make it.*

~ALEXANDRA STODDARD

When Susan asked me (David Craddock) if I'd write this expanded section for her book *A Hug in a Mug*, I was delighted. For years, she has been my holistic health mentor and coach, teaching me how to create vibrant health and get fit and strong in body, mind, and spirit. As a result, I now feel about thirty years younger than I did just a couple years ago, and people tell me that I look better than I have in decades. My work with Susan has given me the fountain of youth and vitality. But I'm getting ahead of myself. Let me start back at the beginning and give you an inside look at Susan and what she is really like in person. I think if you get to know her better, you will be more incentivized to follow the health-enriching guidance she proffers in this book.

In June 2009, my health seemed to be at an all-time low. In England, where I've lived my entire life, I focused much of my time on my career and didn't put time into my health needs. I had terrible allergies (they plagued me nearly forty years), aches and pains in my



joints, and frequent excruciating gallstone attacks, and I definitely needed to lose lots of weight. Walking a level block in my neighborhood or in town or climbing a flight of stairs was difficult for me, as I would get winded. I didn't know where to turn for the holistic help I desired.

There's a saying that goes, "When the student is ready, the teacher will appear." One day, I was talking to my mum, Marjorie, about my health issues. Always positive in her approach to life, she said to me, "You will find the answers you seek." That same day, I got in the mail some information about an upcoming three-day holistic health conference being held in London that featured many world-renowned health and human potential speakers. They were all experts in their fields from around the world, but the only one who truly caught my attention was the speaker Susan Smith Jones, PhD. She was their one and only wellness speaker and was scheduled to give three presentations on all aspects of healing and rejuvenating the whole body, mind, and spirit. I knew at that moment that I needed to attend.

I was already familiar with Susan's work before I learned of the conference. Marjorie and I had been reading many of her articles in magazines in the UK and America, we had a couple of her many books, and I had seen her on some national TV talk shows when I was in New York City. On a few occasions, we even heard her on BBC radio talk shows in the UK and saw her on some British TV media talk shows. We always enjoyed her holistic, practical, positive, and faith-based approach to wellness, balanced living, and creating our best lives.

Marjorie and I attended the conference together in London and were not disappointed. Susan's three presentations were life-changing for us. One was about fitness and simple, effective ways to create a strong, lean body; how to stay motivated to exercise for life; and simple ways to get fast and lasting results for weight loss. Another one of her talks was about nutrition and how to fuel the body with the healthiest foods and break unhealthy food habits. Susan covered the importance of eating more fresh produce, especially vegetables, with an emphasis on raw foods such as large leafy green salads and fresh fruit, and so much more. And her third presentation was all

about the essential “special healthy living extras,” as Susan would always refer to them—the other wellness components that can make a profound difference in how we look and feel, such as sleep, proper hydration, stress reduction, meditation, time in nature, positive relationships, cultivating an attitude of gratitude, and more. She even shared about her faith-based lifestyle and why she chooses to live a God-centered life. That resonated with Marjorie and me, since we are both Christians, too.

I couldn’t get enough of her upbeat, motivating talks. Throughout all three, I sat in the front row and took copious notes. During the question-and-answer sessions of each talk, I was always the first person to raise my hand and seek clarification about things she discussed. Susan was always patient, thoughtful, and sensitive to people’s questions in the large room filled to the brim with eager attendees. It was clear from her three standing ovations that everyone else appreciated her three talks as much as I did.

### *My Dream Come True*

At the end of the third presentation, I asked Susan if she would be willing to meet with me privately in the lecture hall after everyone left to talk about some of my health concerns and possibly even agree to work with me. During that first session with her, I knew for sure that I had been guided to the best teacher for me. Susan is knowledgeable and kind, has a wonderful sense of humor, and knows how to galvanize, motivate, and empower her clients. She has a great ability to inspire great things in others. When I asked if she would agree to coach me on how to get healthy and fit, she agreed and suggested that I fly to Santa Monica (Los Angeles) with Marjorie at the end of December 2009 and stay into early January 2010 to “start the year off with a positive commitment to health and youthful vitality,” she said.

This trip and time with Susan turned out to be a godsend for Marjorie, who was eighty years old at the time, and me. For two weeks, we stayed at a hotel on the bluff in Santa Monica, and every day and evening, Susan worked with us, teaching us about all of the principles and practices of a healthy lifestyle. I needed to lose weight and get healthy, and Marjorie needed to gain weight and become

mobile again. Marjorie arrived in a wheelchair, barely able to walk on her own, and I resolved to achieve significant improvement in my health and was open to any guidance Susan would give me.

On day one, Susan took both of us to the hotel's fully loaded gym to do weight training and use the aerobic equipment, which we did every day we were there. She took me hiking in the mountains of Santa Monica, for long walks on the beach, and taught us many other enjoyable ways to exercise that were actually pleasurable, such as exercising in the swimming pool in the beautiful sunshine of Santa Monica (quite different from England's weather). All the time, she would talk to us both in great detail about why we should or should not do things a certain way, and yes, I continued to take loads of notes daily. Susan showed us how to order off restaurant menus for healthy selections, how to shop at grocery stores for the healthiest foods, made sure we were well-hydrated and slept eight hours at night, and made the process of getting healthy really fun!

One of our outings was to see her home so she could teach us how she makes green smoothies with her blender and fresh juices using her juicer. When she opened up her massive refrigerator, my mum and I were in shock to see, first of all, how well organized it was, but also to see so many different, beautifully arranged veggies and fruits inside. In fact, she seemed to have more produce in her fridge than we had at the local grocery store down the block from where we lived in England. When she pulled out spinach, kale, cucumbers, parsley, romaine lettuce, carrots, lemon, and gingerroot, my mum and I looked at each other in amazement at what we were about to experience. I had never tasted freshly made juice before. My only experience was having my daily tea in England and an occasional bottled fruit juice that was always pasteurized and often sweetened.

Susan made the first batch of juice, and we watched what she was doing with great interest. She poured the resplendent juice into beautiful glasses, and we sat at her kitchen table to take our first sips as she encouraged us to savor it slowly. To say we were surprised and thrilled at the delicious taste would be an understatement. The juice was scrumptious! We also learned then why it's important to Susan to say grace before any meal or snack, which we continued to do together for the two weeks we were in sunny West Los Angeles.

*To say we were surprised and thrilled at the delicious taste would be an understatement. The juice was scrumptious!*

Next, she surprised us by asking us to go into the refrigerator and select from the produce available and make another batch of fresh juice. She would just watch and see how well we were paying attention previously. That is another unique quality about Susan; she loves to teach and educate others, and she wants to make sure that we fully understand the importance of juicing and how to make quality juice. My mum and I pulled out a red apple, lots of rainbow Swiss chard, celery, beetroot, broccoli, rocket (known as arugula in the United States and one of Susan's favorites), ginger, and a lime. We juiced it all and sat down again to enjoy our second masterpiece of delicious, nutritious juice.

Before we left her home, she showed us how to make her special "Citrus Delight" beverage, juicing pink grapefruit, oranges, lemon, tangerine, a lime, and a small amount of beetroot for the color and more nutrients. We sipped it slowly and couldn't believe the difference in taste between these fresh juices and the bottled juices we were used to drinking back in England and when traveling.

### *A New Way to Make My British Tea*

Knowing how much my mum and I love like to drink tea each day, Susan made a cup of green tea for us both in which she used her purified water and added a few thinly sliced coins of ginger and turmeric roots, turning the tea water a golden-orange color. What a surprise that was for me because I had only used tap water my entire life to make my daily tea. And, truth be told, this was the first time my mum and I had ever seen ginger or turmeric roots! But, as I had come to expect, it was delectable, and Susan took the opportunity to teach us about the many health benefits of having some turmeric and ginger each day and showed us the different supplemental forms we could use—roots, liquid extracts, powders, and capsules.

Besides the juices and tea, Susan also showed us how to make quick and easy nutritious soups with all kinds of fresh vegetables and culinary spices using a blender, as well as amazing salads and

homemade salad dressings. Most of the salads I had eaten in my life in the past were basically made with head lettuce, tomatoes, and maybe one more veggie like a sliced mushroom and onion, and always smothered with creamy, high-fat dressings. I always thought I was really being healthy with my own salad creations. Wow, was I ever wrong! Many of the fresh herbs Susan used in our soups and salads were picked fresh from her garden. She continually taught us the importance of specific foods for our healing and well-being.

We made and sampled three different colorful and creamy soups, and Susan also had us write down her recipes and ingredients. Yes, indeed, we became expert cooks in her home that day and from a few other of her home-cooking visits, and it benefited us immensely when we got back to England. We thought we were going to Brentwood just to get healthy, but the bonus was that we learned how to be confident in the kitchen and make our own delicious, healthy meals. What a life-changing experience to have this custom-designed healthy living program with Susan!

Before we left her home that first time, Susan told us that if we achieved the goals she set for us over our two-week stay, she would gift us with our own juicer and blender back in England after we returned. What an incentive that was to pay attention to all her healthy living lessons and to commit 100 percent to all that she asked of us during this special, life-enriching time together! And, as you guessed, two days after we arrived back in England, there was a knock at my front door and a delivery person brought a beautiful juicer and blender for me, the same ones Susan used at her home. What a treat, because I already knew how to use and clean them! Making green smoothies and colorful, delectable juices, salads, and soups was a whole new and wonderfully satisfying adventure for my mum and me. Whenever I prepare one of Susan's recipes today, it always takes me back to those initial days of learning how to upgrade my diet from Susan in her neck of the woods.

Diet is only one of Susan's "extras" in healing the body and creating high-level wellness. Another facet is regular exercise. One of my favorite exercises in the gym is now the rowing machine. When we were at Susan's home, she showed us her home gym and even



had both Marjorie and me sit on her rowing machine, teaching us how to row with good form to prevent injury and get the maximum benefits, and now I row several times weekly. I purchased the same rower Susan used at her home. It's my favorite aerobic activity in the gym because it's great as a cardio workout, but it is also an excellent endurance- and strength-builder, as Susan taught me.

### *It All Came Together as Promised*

When we arrived in Los Angeles, Susan promised she would give us her recipe for the “fountain of youth” and teach us how to maintain it when we got back home to England. Well, she did accomplish this and so much more. As mentioned, Marjorie arrived in Santa Monica unable to walk without assistance, and fourteen days later, she had built up to walking three miles a day without help and was gobsmacked at how great she felt. In fact, she didn't want to leave Susan or the sunshine. Marjorie had never stepped foot in a gym before this trip, and she grew to love the weight training because she could see her strength increasing by the day. Susan patiently helped her feel comfortable with the weights and aerobic machines and watched her every movement.

Mum was over the moon with joy and vitality when she left and had gained six pounds, exactly what she needed. When we got back to England, Marjorie joined our local gym and kept weight training regularly. In fact, the local newspaper in our town in England wrote an article about Marjorie and her weight training, as she was the oldest member of the gym.

When I arrived under Susan's holistic care on the first day, after weight training, I noticed how tired I felt after our one-mile power walk. By the last few days, I was weight training for one hour, hiking the steep mountains in Santa Monica for three hours with Susan, and jogging on the soft sand of the beach for another workout—all in the same day! In between these arduous workouts, we would stretch often to increase flexibility.

Susan introduced me to something called myofascial trigger point therapy on my body. From constantly sitting at my desk, in my car, on trains, and in airplanes without ever doing any stretching and other flexibility exercises, she said I had many palpable nodules

in taut bands of muscle fibers, and these “knots” are an identifiable source of pain in my muscles and were affecting so many areas of my body, including my posture. After only three sessions with Susan, working on my many trigger points, I no longer felt any of the pain in my back and shoulders that had been plaguing me for decades. I found a shiatsu/deep tissue massage therapist back in England to duplicate what Susan had done to relieve knots in my muscles and pain in my joints.

Another one of Susan’s promises to me was that if I would follow her allergy program for four months when I got home, I would be rid of my noisome allergies for good after forty years of this annoyance. She was right. Within under four months of taking some nutritional supplements and herbal teas (like nettle) and cleaning up my diet, keeping more hydrated, getting more sleep, removing old carpets in favor of new wood floors in my home and office, sleeping with a window open at night for fresh air, and more, my allergies were gone and have never returned.

- ❖ *Don't let yesterday take up too much of today.*
- ❖ *Live in such a way that you would not be ashamed to sell your parrot to the town gossip.*
- ❖ *If you want to be successful, it's just this simple. Know what you are doing. Love what you are doing. And believe in what you are doing.*

~WILL ROGERS

I returned to England thirteen pounds lighter in fourteen days, and we ate all day long. It was like a miracle to me! I learned a whole new way of eating—choosing delicious, high-fiber, nutrient-rich foods and especially eating more raw foods while giving up salting my food constantly and eating too many high-fat and oily foods. Susan also suggested I give up high-sugary foods and avoid using any white sugar at all, and what a positive difference that’s made in my health and how I look. My deplorable diet, before I met Susan,

consisted of mostly overcooked foods and too much overeating. She taught me that when I eat foods that are void of nutritional value, the body will crave more foods to make up the lost nutrients, which leads to overeating. I also learned from her that what we eat today, we crave tomorrow, so splurging all the time will deter positive results. Reeducating my tastebuds to favor wholesome foods was one of her goals with me, and it worked swimmingly.

Those two weeks under Susan's guidance changed my health and life for the better. Since my visit with Susan in early 2010, I've continued with her healthy living program and have lost and kept off close to 100 pounds (7 stones, 2 pounds) through regular exercise and a healthy diet. Susan checks in with me regularly to fine-tune my personal plan of action for optimum health and youthful vitality. I can honestly say that I've never felt better in my life than I do right now.

### ***Being Accountable on My Healthy Living Commitment***

Presently, I eat a clean, healthy, lean diet and choose organic foods whenever possible. It's easy to order at restaurants now because most menus have healthy alternatives, or the chefs are willing and happy to prepare healthy dishes for me.

Because of Susan's positive teachings, I know I will stay healthy, happy, strong, and fit well into older age. When weather permits, I go outside to walk or hike in our beautiful local hills in England and then return to my home gym to do my weight training and stretching. Yes, Susan came over and helped me set up a home gym with some aerobic equipment, including a rowing machine, a couple benches, dumbbells, and other machines, such as an incline treadmill. This way, when my schedule is tight with work, conferences, and meetings, or it's pouring rain outside, which it often is here, I still have a place in my home to exercise and stay dry (except for my sweat from exercise). And, now, when I travel to locations around the world to give my lectures and presentations and to meet with clients, I always take my fitness clothes and make sure to fit in a few power walks or jogs. I also stay in hotels that have in-house gyms, and I pack exercise bands in my luggage that weigh next to nothing and are simple to use in a hotel room.

I have discovered that when my body is healthy, toned, fit, and strong, my attitude is more positive, and my faith soars like the leaping dolphins just beyond the waves and the graceful pelicans gliding effortlessly close to the water at the Santa Monica beach.

It's all connected—body, mind, and spirit. I learned from Susan that the body reflects the mind, and the mind reflects the spirit, and the body is a great place to start with what we eat and how we move. And more than once, she recited to me one of her favorite quotes in the Bible from Isaiah 7:9: “If you do not stand firm in your faith, you will not stand at all.”

In all her sagacity, Susan also reminded me that “when you commit to something like an exercise program or to a more nutritious diet and overall nutrition program, don't let your excuses get in your way. You must follow through on your commitment to fitness and healthy living and arrange your personal circumstances so that your lifestyle totally supports your commitment.” She'd often tell me to “do the things you need to do to order your life, eliminate the nugatory nonessentials, and focus on what is important.”

Susan helped me to understand that if we don't have health, we lose our enjoyment and appreciation of life. It is truly our greatest wealth, as Ralph Waldo Emerson once wrote. She taught me that I am the president and CEO of my body and life and it's up to me to take great care of my body. Here's something else she emphasized often to me: “To become master of your outer life, you must first become master of your inner world—CEO of your mind. Teach your mind how to think differently—how to be calm, loving, courageous, and optimistic. Our body, mind, and spirit are connected, and holistic health incorporates the loving care of the whole person. And when you radiate vibrant health, you inspire everyone else in your life.”

Eating healthy foods gives you a more positive attitude. Choosing to be grateful for your miraculous body makes it easier to exercise and get ample sleep at night. So each day, as Susan taught me, make your health a top priority and take loving care of your body with nutritious foods, fresh juices, delicious teas, daily exercise, positive living habits, and a cheerful attitude. I will never forget her teachings, and now in my work with other people, I often share

with them some of the health- and life-enhancing illuminations I learned from Susan's enthusiastic teachings.

### *My Invitation to Write This Extended Section*

At this point, you might be wondering how I was so blessed to write this extended section for this book. Well, a few years ago, Susan gave many talks throughout the UK in churches and for community and women's groups and some corporations. She also participated in interviews on the BBC and on talk shows, discussing simple ways we can all achieve high-level wellness no matter where our level of health is at present 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 juicing, superfoods, culinary spices, veggies, herbal teas, easy weight loss, earthing (aka grounding), aging backward, living a courageous and balanced life, God-connecting meditation, and how to be positive even in the midst of chaos. On a few occasions, she also showed people how to make healthy meals, juices, soups, salads, healthy (sugar-, salt-, and oil-free, plant-based) desserts, and smoothies, and discussed why we need to keep stress levels down, the importance of being more childlike, embracing silence and solitude, the benefits of heat therapy (infrared saunas), whole body water hydration, and having the courage to dream BIG and to never let anyone or anything cause us to doubt our ability to achieve our goals. It was fascinating to watch her in action, expertly responding to the countless questions delivered her way to obtain her advice and suggestions on all 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 way in her presence. When you talk to her, you feel like you are her friend, 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. Susan taught me that one of the best gifts we can give others during a conversation is our full attention. 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!

*One of the best gifts we can give others during  
a conversation is our full attention.*

I accompanied her on her *UPLIFTED* 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 mind 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.

She would begin many of her talks by asking what countries people came from to see who had traveled the farthest to hear her speak. During one of these talks, I stood beside her as a contributor to the discussion of living a healthy lifestyle, and someone asked Susan what country she is from, thinking she had an accent (which she did to this audience). 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 I pointed to the "USA" and said, "She is from the United States of America," and finally I pointed to the "N" and said, "Noble." I paused a moment and, proud of my spontaneous creativity, I said, "So, you see, Susan's an American Noble!" This 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 (three hours!) in the beautiful, scenic hills of Staffordshire located in central England not far from where I live. During this quite arduous hike up and down very steep hills, we competed with each other 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.

*The world is extremely interesting to a joyful soul.*

~ALEXANDRA STODDARD

During this hike, we even managed to talk when the path was more level or took us downhill. Thinking about all the myriad topics Susan 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 a book so I could have it on hand to go over often and also to give to others?* 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 on the best herbal teas and fresh juices, healing culinary spices, which vegetables are most essential to eat often, etc. Why don't you write a book with the catchy title of *A Hug in a Mug* with an emphasis on how to mix and match these foods and beverages, rejuvenate the body head-to-toe, and easily prepare things for busy people? Perhaps you can create a subtitle that incorporates how to use these *naturefoods* as medicine. Oh yes, and also incorporate some of your simple, delicious recipes for the fresh juices and soups you are always making for us.”

And then I added this: “Since I am no longer a young man in my biological age,<sup>1</sup> I'd also like to request that you add in a chapter on your best tips to lose weight, as you talked about in the corporate lectures and on the television shows, since it's an issue for many people here in the UK; and how to stay in the pink well into older age. I know that many of my friends and business associates would also appreciate learning more about these significant topics.”

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1. 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!

Well, I am pleased to say that my suggestion of this new book stopped her in her tracks and she was so overjoyed with excitement and enthusiasm that she did a cartwheel on the apex of that very steep hill. That's another characteristic about Susan; she always surprises you with what she says and does, and her rich enthusiasm for life shines through in all 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 respond to your request," 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 and gave her our usual "high five," she offered her beaming smile and told me she loved my book idea and would make it happen, but only with the condition that I write this special *Up Close & Personal* section. 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, as well, for some of her outstanding and life-enhancing books.

All the way back down the hill and until the end of this three-hour-hike, we couldn't stop talking about the contents of this book. I told her that she needed to include a section on the history of tea drinking in the UK and why it's been so popular over the decades. 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 the accomplishment of finishing the course in our best time ever!

### ***Our Much-Deserved Lunch with Friends***

Next, we met a couple friends for lunch at a café near the trailhead and we both mentioned how hungry we were for a healthy meal that we had earned from the trek we had started early that morning. We arrived first at the café and agreed equally that sitting down was most welcomed. As we savored a couple glasses each of room-temperature lemon water with a sprig of mint, 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 level 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 and asked them what information would appeal to them to include. Since they were both often stressed out in their careers, they suggested info on the best herbal teas to keep the body and mind calm when challenges and difficulties rear their ugly heads in life. They also wanted to learn about ways to eat more veggies during the day and hide them in foods so their children would still want to eat the meal. 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.

*Good nutrition creates health in all areas of our existence. All parts are interconnected.*

~T. COLIN CAMPBELL, PHD

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.

So, you see, when Susan asked me if I would write this section for *A Hug in a Mug*, I was chuffed indeed. In the pages of this informative and uplifting book, you’ll learn from Susan the importance of diet and exercise for overall high-level wellness. She shares

her decades of knowledge and research on the best teas, juices, and soups to make and drink, and the most salubrious spices to add to your diet on a regular basis such as turmeric, basil, oregano, cinnamon, cayenne pepper, black pepper, ginger, and garlic.

Susan offers fascinating stories about the history of these *nature-foods* and her secret tips to get the most out of various fruits, veggies, and spices for whatever is ailing you. She is totally into natural remedies and how to use nature to heal and rejuvenate the body.

And, finally, you'll read about her favorite surefire tips to lose weight easily and naturally (and trust me when I say that she knows what she's writing about!) along with simple ways to make veggies your daily companions throughout the day and actually grow to love them more by the week as you notice how great you feel and look. Before I met Susan, I rarely had many vegetables at home and hardly ever had a salad because it was so bland and boring. Now I welcome them as my daily staples for vitality and can't imagine how I ever got by without them before.

I don't always have time to make fresh juice every morning, so I'll often make extra and put it in lidded glass bottles filled to the top, as Susan taught me, to savor and enjoy in the next day or two. She also taught me that it's not about being perfect; rather, it's more about making a commitment to being healthy, fit, and positive, and then doing the best we can with each day, always remembering to celebrate life daily and the miracle of the human body.

### ***Good Humor Is the Foundation of Living Fully***

Susan often talks about the importance of cultivating a sense of humor; she doesn't take herself too seriously and she is able to laugh easily and often at her own foibles and the incongruities of everyday living. It's delightful to see and makes me happy every time I am with her. Watching how Susan talks to others, presents her motivational lectures, and deals with her own stresses helped bring out my own sense of humor. In every encounter she has with others, she always tries to build someone up and find a way to tickle his or her funny bone. One of the first quotes she said to me when my mum and I first worked with her in Santa Monica in early 2010 was by Maya Angelou, who said, "People will forget what you said,

people will forget what you did, but people will never forget how you made them feel.” How true that is!

People tell me often how good they always feel in Susan’s presence. She’s a practical joker, yes indeed, and loves to laugh a lot. Susan taught me early on when I first worked with her about the power of relaxation to rejuvenate and restore the soul, the therapeutic effects and relationship-enhancing qualities of sharing fun and enjoyment together, and how we need to smile and laugh more, and she is the perfect example. Very little in life makes Susan upset and feel totally stressed out. She always seeks the best in everyone and everything and finds reasons to laugh as much as possible. No wonder her nickname is “Sunny.” Let me give you one of many countless examples of Susan’s jovial, comical, and lighthearted attitude—no matter the circumstances. I mentioned it in the foreword of *UPLIFTED*, but in case you didn’t read it, here’s the upbeat story again.

She was giving a cooking class to about twenty people in her home. This was the first class since she had refurbished her kitchen and large adjoining family room with new cabinets, wood floors, shiplap walls, new paint everywhere, wood beam ceilings, new area rugs, etc.—everything was new and beautiful, and she was so excited for her guests to see how she had decorated it all. It happened to be St. Patrick’s Day, and during this lunch-time class, everything was laid out on the large kitchen island. The guests were either seated around the island or standing behind it. All the food they had made during the previous hour were displayed on the island to eat shortly. But first, she wanted to finish her cooking and nutrition demonstrations by making a healthy and delicious green smoothie.

So, into the blender went almond milk (that was just made fresh earlier), frozen blueberries and raspberries, a frozen banana, one cucumber, a tablespoon of flaxseeds, a sprinkle of chia seeds, some baby leaf spinach, celery, a dash of cinnamon, and ice cubes. She blended it all in the 72-ounce jar, which was filled to the brim with scrumptious, creamy, totally blended greenish-lavender smoothie. She took off the lid and was about to give us all a sample when she realized that she forgot to put in some kale. Susan then asked one of the guests seated at the end island stool to get the kale from the

refrigerator and finish making the smoothie while she went to use the bathroom and quickly changed her clothes before eating.

So, while Susan was at the far end of her home in her bedroom suite, this guest put some kale into the blender, and you've probably already guessed what was about to happen next. She forgot to put the lid on the blender, which was already set to the very highest speed, and when she pressed the start button before anyone had a chance to warn her, the contents of this 72-ounce smoothie shot up with the force of an angry volcano to the high ceiling, drenching the shiplap wall in "green goodness" and covering the entire island, all the food, the floors, the area rugs, the walls, and most of the people watching, too. Everyone was in shock and didn't even know what to say, so most of the guests were totally silent and, at the same time, very nervous because Susan's kitchen and family room had just been refurbished, and now everything was green!

*Mistakes are part of the dues one pays for a full life.*

~SOPHIA LOREN

Just then, Susan danced out of her bedroom and down the hall singing the Frank Sinatra song "You Make Me Feel So Young." She was eager to sit down with everyone and start eating the food they'd just created. When she saw what had happened and noticed everyone staring at her, Susan, to the surprise and delight of everyone, started laughing so hard that everyone else started laughing, too. It definitely relieved the tension in the room. But Susan couldn't stop laughing for about three minutes; in fact, she was laughing so hard that she was tearing up. Then she said joyfully, "It's my fault, I forgot to tell you to put the lid on, and how beautiful is this! Today is St. Patrick's Day, and now there's no need to decorate because everything is already green."

Well, that made all the guests laugh even more. Everyone joined in with the cleanup, and Susan turned on some great music and ordered some food to be delivered from a local health food restaurant for everyone to eat together, since all the once-delectable dishes on the island had been covered in green smoothie.

## *You Make Me Feel So Young*

As an aside, Susan had a memorable visit with Frank Sinatra decades ago in a men's clothing store in Beverly Hills where they were both shopping and literally bumped into each other and belly laughed together. During their long afternoon visit, Frank, among other topics of interest to them both, introduced Susan to his signature lavender cologne, which he purchased by the case in this particular store, and sprayed some on Susan's arm; she instantly loved it because of her fondness for the scent of lavender and proceeded to teach him about the health benefits of lavender. Ever since their delightful visit, Susan has been wearing, more than any other fragrance, Frank's favorite lavender cologne, which she still wears to this day most of the time, year-round. Needless to say, she has always been a big fan of Frank's music since she was a teenager because her mom and grandmother listened to his music often at their homes.

At one point, since no other customers were in the store and she knew the words to many of Frank's popular songs, Susan got up the nerve to ask him if they could sing a duet together. He told her to pick any songs she wished. And you guessed it, they first sang together "You Make Me Feel So Young," but then also continued with "Fly Me to the Moon," "Summer Wind," "I've Got You Under My Skin," "It Had to Be You," and "I've Got the World on a String"—all of Susan's favorites. Unfortunately, this was long before smartphones, but Susan retains vivid memories of that glorious afternoon in her heart and mind always and often rewinds and plays back their visit when she is experiencing a difficult and/or stressful day.

That, in a nutshell, is Susan. She's filled with vitality, joy, happiness, optimism, and celebration for everyone she meets and for life itself. And that's what shines through in the pages of this book, *A Hug in a Mug*. You will feel like you are visiting Susan at her home and sitting at her kitchen table as she visits with you and shares her pearls of wisdom about teas, juices, culinary spices, veggies, soups, weight loss, balanced living, and more to guide you on how to experience true aliveness, how to live more fully, and how to thrive in all areas of your life. As you read this helpful, hopeful, inspiring book, you will feel like Susan is your friend, too, because she's truly a friend to everyone.

I have one word of warning for you: Once you meet Susan or read this dynamic book or the other two wonderful and uplifting books that complete this perfect healthy-living trilogy (*UPLIFTED* and *Wired for High-Level Wellness*), you'll be catalyzed to make some major lifestyle changes for the better. So, get yourself ready for the healthier, happier, and more faith-filled new you who will emerge once you've met this glorious Renaissance lady through the pages of this book.

*Faith without works is dead.*

~JAMES 2:20

In conclusion, this book, which contains within its pages all the practical advice and lessons Susan has taught me in person—and now in the pages of this book—will be a game-changer for you, too. Susan's sage advice, practical tips, and buoyant, vivacious personality sparkle forth on every page. And from my personal experience of working with Susan for nearly fifteen years now and seeing her firsthand interactions with others, I can say for certain that she has never met a stranger and can speak with people from all walks of life. She has a calm and peaceful demeanor, the humor of a comedian, the curiosity of a child, the wisdom of a favorite grandparent, and the non-judgment of a best friend—all rolled into one.

*A Hug in a Mug: Revitalize with Fruits, Veggies, Juices, Soups, Spices, Teas & Healthy Living Extras* will also bless your life, as it has for me many times over, in countless ways, and put you on the path to high-level vitality and a balanced, joy-filled life. "An investment in yourself and in your health," Susan repeated to me often in our training and teaching sessions, "is the best investment you can make."

This book will inspire, motivate, and empower you, too, and I will be giving copies of it as gifts to my family, friends, and business associates because everyone can use this valuable, comprehensive, health- and life-enriching information all contained in one easy-to-understand, reader-friendly, beautifully designed, and highly empowering and motivating book.

On a closing note, and for a moment of digression, knowing Susan as well as I do, I wanted to end this *Up Close & Personal* segment with a few final thoughts about building faith that I hope will inspire you, too. I have always been uplifted by how Susan lives a God-centered life, through all the ups and downs of daily living. In her morning Bible-reading and prayer time, she opens her heart and life to be transformed by the love of God. Susan has taught me so much about empowering my faith and expressed beautifully these following words on a recent Christian TV talk show (they may speak to your heart, as well):

*“What we value, how we make decisions, with whom we choose to share our lives, how we celebrate, and how we grieve—every aspect of our life is meant to become changed and charged with the beauty and grace of God. Yet, most of us stay on the fringes of a life transformed and quietly accept much less than what God longs to give us.”*

The host of the show was also touched by these words. Susan writes about this in detail along with offering simple ways to live a more peaceful, happy, enthusiastic, and balanced life in *UPLIFTED*, which, along with *Wired for High-Level Wellness*, is the perfect companion to *A Hug in a Mug*.

~David Craddock, MA (Oxon), BA (Hons)  
British Economist, Author



*Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look at them to see their beauty, believe in them, and try to follow where they lead.*

~LOUISA MAY ALCOTT







# Introduction

*'Tis the good reader that makes the good book; in every book he finds passages which seem confidences or asides hidden from all else and unmistakably meant for his ear; the profit of all books is according to the sensibility of the reader; the profoundest thought or passion sleeps as in a mine, until it is discovered by an equal mind and heart.*

~RALPH WALDO EMERSON

*If you have an apple and I have an apple and we exchange these apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas.*

~GEORGE BERNARD SHAW

*Hello, my friend,*

What a joy it is to have this opportunity to share my life and my experiences on simple ways to renew your life, to create a healthy and balanced lifestyle, and to thrive in all your endeavors! To thrive means to grow and develop well and vigorously, to prosper, and to flourish (e.g., a thriving economy). Isn't that what we all want in our lives?

Writing a book is, undeniably, an extraordinary, sometimes difficult, yet always rewarding journey. For me, it's a process of discipline, dedication, perseverance, and commitment, and, of course, it renders life-changing self-realization. Like my inviting early morning

hikes in my local Santa Monica Mountains—breathtaking, bucolic, eye-opening trails winding up and down in a combination of arduous and easy maneuvers—writing a book is a similar experience, just longer. As the days, weeks, months, and years come and go, the solitary process of transmuting intuitive thoughts, ideas, research, and personal experience into a format accessible to readers fills me with ineffable joy sprinkled with intermittent heartache and immense passion. So, it is with verve and enthusiasm that I share with you this book and my adventure and my love of herbal teas, culinary spices, fresh juices, enticing vegetables, and some food recipes. It is my greatest hope that my words and suggestions throughout this book will inspire, uplift, motivate, and empower you to make more salubrious choices to create your healthiest life.

As you read through the pages, I want you to feel like we're sitting across from each other while I talk to you personally. I already know that we have a few things in common since you've chosen to read a book on radiant health and vitality and, perhaps, to strive to be the best you can be. I am eager to share with you this healthy living program that has created success for thousands of people worldwide. It can do the same for you.

The power of choice is ours. It's up to each of us to create a meaningful, healthy life for ourselves. Sometimes that requires moving out of our comfort zone and the familiar to reach the acme of unbounded vitality. Yes, there is a way of eating, thinking, moving, and living that heals our bodies, promotes radiant health, and rejuvenates our lives.

*It's up to each of us to create a meaningful, healthy life for ourselves.* ••

Imagine, if you can, a life without ever feeling sick—without aches, pains, or fatigue. Imagine never getting colds, the flu, or depression. Imagine waking up each day and bouncing out of bed, eager to experience life's great adventures with joy and passion. Imagine not being tempted by unhealthful foods or recreational drugs and not succumbing to noisome addictions. Imagine being your ideal weight and having people consistently praise you on how beautiful/handsome and youthful you look and wanting to know

about your diet and lifestyle. Imagine feeling hopeful, in control of your body, and genuinely grateful when you go to sleep at night. Imagine not needing to spend a penny on prescription drugs.

If you can, also imagine feeling so vibrantly healthy that you only visit your doctor once a year or so to get an annual checkup. And imagine your doctor's surprise and delight when you show up feeling and looking younger than you did at your previous visit. It is music to the ear to hear the doctor say that you are in superior health and have the physiology of someone twenty years your junior, and the doctor wants to learn from *you* what you're doing to be so healthy.

With knowledge and determination, willingness and courage, you can make being out-of-shape and unhealthy a thing of the past. Never forget that your body is a super-duper, self-healing, self-renewing, and self-restoring machine and that it's your job to take loving care of it throughout your life. My goal is to offer you a reader-friendly book that provides a practicable roadmap, but it's up to you to make the healthy choices. The beauty of this *Hug in a Mug* healthy living vitality program is that all the things I recommend in this book that help increase energy, boost immunity, accelerate fat loss, reshape your physique, prevent disease, and heal your body also have the added bonus of helping to increase your self-esteem and confidence, making you feel better and look younger, and bringing you more peace and balance.

You may find that I suggest things that are entirely new to you, such as enjoying a cup of tea daily, making fresh juices, putting thinly sliced coins of turmeric and gingerroot in your tea water, making broccoli sprouts in your kitchen, staying consistent with your exercise program, or spending time in nature. Maybe some of the foods, exercises, or new ways of living are different from your present lifestyle. Don't just take my word for it; check things out. Notice how you feel when you eat more raw foods—such as fresh, organic fruits and vegetables—drink more water, get more sleep, or enjoy a few quotidian minutes of peaceful solitude.

You have all the answers within you. Always consult your inner guidance on every decision and choice in your life. God is my inherent inner guidance, which I rely on 24/7. The healthier you get, the more in tune you will be with your innate guidance. Deep

within our hearts, each of us knows the truth. But remember that active participation is important in reading this book. It's not what we read that makes a difference in our life; it's how we apply and experience the material that is of real value.

Like you, I have a myriad of things I want to accomplish in this life, and I have no interest in being slowed down in any way by health issues. You owe it to yourself to choose being healthy and fit because no one is going to do it for you. You must make vibrant health on all levels—physically, mentally, emotionally, and spiritually—your top priority. Don't give up. Don't ever give up! You can do anything to which you set your mind. Move in the direction of your dreams. I believe in you and your ability to be your healthiest, best self, and I salute your great adventure.

*All best wishes,*  
*Susan*



*The question is not what you look at, but what you see.*

~HENRY DAVID THOREAU

*For every minute you are angry you  
lose sixty seconds of happiness.*

~RALPH WALDO EMERSON

## SUSAN'S HOLISTIC HEALTH & LIFESTYLE MISSION STATEMENT

My mission in life is not merely to survive but to thrive—and to do so with some passion, compassion, humor, and style. Each day I want to find people and things to celebrate, move in the direction of my dreams, appreciate resplendent nature all around me, be kind, live thankfully and with courage, be anxious about nothing, pray about everything, and open myself more fully to God's Love and Light and this miracle called life.



*Part One*



**Choose  
to Be Healed,  
Hydrated & Healthy**



## Chapter 1

# Renew Your Body Head to Toe with Classic & Herbal Teas

*Our life is frittered away by detail.  
Simplify, simplify.*

~HENRY DAVID THOREAU

*There are few hours in life more agreeable than the hour  
dedicated to the ceremony known as afternoon tea.*

~HENRY JAMES

**E**nvision yourself drinking a cup of hot tea. Where do you picture yourself? Is it on a couch? Maybe next to a fireplace? It's probably in a cozy setting; that's because tea is so often associated with comfort and self-care. Tea seems to have the ability to soothe the soul. It is indeed a hug in a mug. But its soothing qualities go beyond the immediate emotional comfort it provides because it also has many therapeutic properties, offering more than just a sense of emotional well-being. Tea's medicinal power ranges from treating insomnia to body detoxification to helping with illnesses as serious as diabetes and cancer.

Shortly, we'll be taking an in-depth look at tea's powerful healing abilities. But to really appreciate tea and how important it is to incorporate into your already healthy lifestyle, it helps to understand the role it has played in people's lives for the many centuries that it's been around. So, before we begin, let's first discover why our ancestors regarded it so highly, why it sparked a revolution, and why several cultures regard it as a staple beverage.



*Part Two*



**Choose to Spice  
Up Your Life with  
Culinary Herbs**



## Chapter 2

# Discover the Healing Secrets of Your Spice Rack

*Hope is a waking dream.*

~ARISTOTLE

*Let food be thy medicine, and let thy medicine be food.*

~HIPPOCRATES

It could be said that the history of the modern world was written in the pursuit of spices. The desire of Europeans and Arabs for these exotic flavorings, nearly all of which originated in Asia, sowed the seeds of modern globalization.

The Egyptians were the first to initiate the spice trade, importing cassia (the aromatic bark of an eastern Asian tree) and cinnamon from China and Southeast Asia as far back as 1550 BC. For hundreds of years, Arab merchants sustained a monopoly over the delivery of spices as valuable as gold from eastern Asia to Europe. When the fall of the Roman Empire in AD 641 severed spice trade routes along the Silk Road between India and the Mediterranean, powerful Western European nations scrambled to find a maritime shortcut. This lust for spices motivated Christopher Columbus to set sail for the New World in the fifteenth century and led the British, Dutch, Spanish, and Portuguese to compete heatedly for control of newly discovered spice lands in the Americas.

You may be wondering, *What was all the fuss about?* Today, with a cornucopia of spices readily available at our local grocery stores, it's hard to imagine a time when spices were a scarce luxury







*Part Three*



**Choose to  
Rejuvenate &  
Invigorate with  
Fresh Juices**

## Chapter 3

# Savor & Nourish with Fresh, Healing Juices

*Drinking freshly made juices and eating  
enough whole foods to provide adequate fiber  
is a sensible approach to a healthy diet.*

~JAY KORDICH

*Folks are usually about as happy as  
they make their minds up to be.*

~ABRAHAM LINCOLN

**M**y propitious start in healthy living began in my teens when my grandmother took me under her wings and helped me heal several physical and mental health issues, which I write about in my books *UPLIFTED* and *Wired for High-Level Wellness*. One central feature of my grandmother's healing program was the importance of juicing, and I got my first juicer at age sixteen.

Following an introduction to Bernard Jenson, DC, PhD, from my grandmother, I became Dr. Jenson's protégé. I studied with him from my late teens to my thirties, learning about all aspects of holistic health, nutrition, juicing, and healing. During these years, I was friends with Paavo Airola, who passed his knowledge to me about holistic health and juicing. Other early-day health-conscious mentors included Herbert Shelton; Gerald Benesh, DC; William L. Esser, ND, DC; Paul Bragg; John Christopher; and Linus Pauling. More current mentors include Olin Idol, ND, CNC and Hallelujah Diet; Neal Barnard, MD, National Health Association (NHA); Stephan



Esser, MD; T. Colin Campbell, PhD; Caldwell Esselstyn, MD; Dean Ornish, MD; and Kristi Funk, MD.

One of the key principles all my mentors highlighted was the importance of making fresh juices—especially green-based juices—on a regular basis as well as carving out a few days each year for juice cleanses. Since those early days, I have been incorporating this salubrious practice into my wellness program. I routinely treat my body, mind, and spirit to a juice cleanse with the change of season, a couple consecutive days a month, and a half to a full day once a week. This gives my digestive system a rest and makes all my 30-plus trillion cells sizzle with vitality. With the information and recipes in this chapter, you will be well on your way to incorporating this healthful practice into your life.

## TREAT YOURSELF TO A JUICER

If you don't have a juicer, I encourage you to get one. There are many from which to choose, and you can even purchase a refurbished one for a lower cost. Look for a slow masticating juicer to retain more nutrients and get the most out of your fresh juices.

With this type of juicer, I sometimes juice my organic produce three times a week and make extra to put in glass jars with airtight lids to enjoy fresh on days I don't juice. This is a real time-saver for me. But time-permitting, I juice daily, usually in the mornings after my workouts.

Avoid centrifugal juicers. Although these are the quickest and least expensive, the speed at which the cutting screen spins produces heat, negatively affecting the nutrient content. What's more, a lot of the juicy goodness is tossed out with the fibrous parts.

If you don't have a juicer yet, but you do have a blender, you can blend variety of fruits and vegetables along with lots of purified water and then put this blended mixture through a nut milk bag, squeezing the liquid into a jar. You could also use a fine-mesh sieve. It won't be as efficient as having your own juicer, but it will still work until you can get one.



*Part Four*



**Choose to Slim  
Down, Get Stronger  
& Be Uplifted**



## Chapter 4

# 11 Steps to Easy, Effective & Sustained Weight Loss

*Regardless of our body size, self-respect and self-acceptance are the starting points for making peace with our size. We must know that we have the power to get off the weight treadmill and start enjoying our life, no matter where we are.*

~CHRISTIANE NORTHRUP, MD

*Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.*

~VICTOR E. FRANKL

**W**hen I was an undergraduate and graduate student at UCLA getting my bachelor's and master's degrees along with a teaching credential, and then on to a PhD, I took on various jobs to pay for these twelve years of university education. In addition to teaching fitness/health classes to students, staff, and faculty, as well as windsurfing and kayaking classes at the marina, one of my jobs was working as a UCLA lifeguard at the women's and men's pools and also the recreation center.

Besides being a great swimmer and passing all the lifeguard tests, being a UCLA lifeguard meant you had to be comfortable wearing the required uniform: a skimpy, tight-fitting, one-piece red swimsuit. Yikes! My worst nightmare come true.



*Part Five*



**Choose to Make  
Veggies Your Daily  
Companions**



## Chapter 6

# Broccoli: Nature's Awesome Superfood

*Broccoli is incredible. It can prevent DNA damage and metastatic cancer spread; activate defenses against pathogens and pollutants; help to prevent lymphoma; boost the enzymes that detox your liver; target breast cancer stem cells; and reduce the risk of prostate cancer progression.*

~MICHAEL GREGER

*Instead of going out to dinner, buy good food. Cooking at home shows such affection. In a bad economy, it's more important to make yourself feel good.*

~INA GARTEN

This quote above by Ina Garten, who's my favorite TV Food Network cooking host, really hits home for me because I first learned when I was in my early teens how important it was for healing and vitality to make as many meals as possible from home rather than going out to eat. At restaurants and cafés, it can be quite difficult to control the nutritional value of what you're eating or drinking. For decades, I have been eating a plant-based diet, and I always encourage people in my worldwide work to eat largely plant-based foods, and if you consume animal products, keep them to a minimum and not every day.

However, I do remember a time in my early life when I would eat anything that tasted good to me—mostly a white and beige diet.



*Part Six*



**Choose to Eat &  
Live Fully for Life**





## Chapter 8

# Savor & Satisfy Your Taste Buds with Hearty Soups & Other Scrumptious Recipes

*Go on loving what is good,  
simple, and ordinary.*

~RAINER MARIA RILKE

*Eat to live, don't live to eat.  
Many dishes, many diseases.*

~BENJAMIN FRANKLIN

**M**y 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." During these gatherings, the meals were invariably big and hearty, and they always incorporated some kind of delicious soup served in bowls or mugs. To me, scrumptious soup is definitely a hug in a mug.



Whether hot or cold, or as an appetizer, snack, or main meal, soups can be a great way to provide a nutrient-rich, satisfying dish without too many calories. If you have a cup, bowl, or mug of soup before your main course, it will help fill you up so that you don't overeat. And as the main course, soup can be a delicious entrée that won't leave you with that stuffed feeling.

Soups are a much better on-the-go-meal than anything from a fast-food restaurant. Just fill up a thermos and take some soup with you when you go to work, run errands, go to school, or go to the beach. You can make fruit or vegetable soups and even dessert soups: the sky's the limit! Most soups freeze beautifully, so they're a practical way to always have something healthful and delicious on hand.

Feel free to vary the ingredients of the soup recipes in this chapter to create new favorites. You can also experiment with different serving temperatures. When the weather outside is frosty, I like to dunk whole-grain breads or chips into my hot soup to make the meal more filling. When the weather is warm, I like to eat my soups chilled, accompanied by raw vegetables and a light dip. Enjoy these healthful soup recipes. And, remember, the possibilities for creativity are endless!



*Delicious, nutritious meals are love you can taste.*

~SUSAN SMITH JONES

## VEGETABLE BROTH

*This quick, easy, versatile broth can be used in so many ways: by itself or as the liquid for grains, dressings, dips, and sauces. Any recipe that calls for chicken broth can be made successfully with vegetable broth. When you cut the vegetables into small pieces, about ½-inch or smaller, their flavor will saturate the liquid in only 20 minutes. I usually triple the recipe and freeze it in one-cup containers or in freezer-quality zip-top bags so I always have it on hand. By making your own, you can ensure that only the highest-quality organic vegetables are used, and also keep the sodium level down.*

### MAKES 8 CUPS

8 cups purified water	1 leek, white and pale green parts only, diced
1 red onion, peeled and thinly sliced	3 large cloves garlic, minced
1 yellow onion, peeled and thinly sliced	1 strip of kombu, approximately 4 inches in length
3 carrots, peeled and diced	1 bay leaf
4 stalks celery, diced	6 sprigs parsley
2 cups sliced shiitake mushrooms	3 whole cloves
2 parsnips, peeled and diced	1 tsp whole coriander seed
1 turnip, peeled and diced	

1. In a large pot, combine all the ingredients over high heat.
2. Remove the kombu just before the water boils.
3. Bring the remaining ingredients to a boil, lower heat, and simmer for 20 minutes, uncovered.
4. Remove from heat and allow to cool.
5. Strain through a fine sieve or a double thickness of cheesecloth. Discard the pulp or reserve it for a vegetable smoothie.



## About the Author

*The more you love, and the more you're  
loved, the lovelier you are.*

~JUNE (SUSAN'S MOM)

*Those who dwell among the beauties and mysteries  
of the earth are never alone or weary of life.*

~RACHEL CARSON



For a woman with three of America's and the UK's most ordinary names, **Susan Smith Jones, PhD**, has certainly made extraordinary contributions in the fields of holistic health, longevity, optimum nutrition, high-level fitness, and balanced, peaceful living. For starters, she formerly taught students, staff, and faculty at UCLA how to be healthy and fit for thirty years!

Susan is the founder and president of Health Unlimited, a Los Angeles–based consulting firm dedicated to optimal wellness and holistic health education. As a renowned motivational speaker, Susan travels internationally as a frequent radio/TV talk show guest and motivational speaker (seminars, workshops, lectures, and keynote address); she’s also the author of more than 2,500 magazine articles and over thirty-three books, including *Invest in Yourself with Exercise*; *Kitchen Gardening*; *Wired for High-Level Wellness*; *Joy & the Butterfly* book series; and *UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident in the 1970s, her physician told her that she would never be able to carry “anything heavier than a small purse.” Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained her health and active lifestyle.

Susan attributes her healing to her natural-foods diet, a regular well-rounded fitness program, a strong God- and faith-centered life, along with the power of determination, balanced living, and a deep commitment to expressing her highest potential. Since fully regaining her health, she has been constantly active in spreading the message that anyone can choose radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind, and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant, educator, and guest on media shows.

A gifted teacher, Susan brings together modern research and ageless wisdom in all her work. When she’s not traveling the world, she resides in both West Los Angeles (Brentwood) and England.

If you enjoyed this book, please visit [SusanSmithJones.com](http://SusanSmithJones.com) for more details on Susan and her work and sign up for her upbeat, motivating posts on X [@SusanSmithJones](https://twitter.com/SusanSmithJones).

You are cordially invited to receive Susan’s free monthly *Healthy Living Newsletters* filled with uplifting, empowering, and motivating holistic, high-level wellness information and guidance. To become part of Susan’s large, extended family of subscribers worldwide, simply go to **SusanSmithJones.com** and sign up on the page “**SUBSCRIBE & WIN!**” It takes only seconds, and these special newsletters will enrich the quality of your life every thirty days. When you sign up, among other gifts you’ll receive, you will get a recipe for the best fudgy, chewy, moist, vegan “Beet Brownies” that you’ll enjoy year-round!



*A cheerful heart is good medicine,  
but a broken spirit saps a person’s strength.*

~PROVERBS 17:22

*If you get simple beauty and naught else,  
you get about the best thing God invents.*

~ROBERT BROWNING

# A HUG IN A MUG



## Health by Choice ☀️ Not Chance

Herbal teas, culinary spices, fresh juices, and vibrant veggies are fashionable these days worldwide. In most cities, you can find countless juicing and tea shops; in grocery stores, you can find all kinds of fresh and dried culinary herbs, spices, and vegetables. These God-given foods are imbued with nature's healing components to keep your body radiantly healthy and slimmed down easily and naturally. When Susan was a teenager, her grandmother and mom started teaching her about the health benefits of "naturefoods," including fresh juices, culinary spices, herbal teas, and colorful vegetables.

In *A Hug in a Mug*, Susan shares her decades of knowledge and research on the best teas and juices to drink and the most health-giving spices to add to your diet, such as turmeric, basil, oregano, cinnamon, cayenne pepper, ginger, and garlic. She offers fascinating stories about the history of these naturefoods and her sure-fire tips to get the most out of the beverages or spices. As well, she included her favorite fresh juice and tea blend recipes that you can make at home, along with the easiest and best ways to make and drink tea, fresh juice, and delicious soups. Susan's many tasty recipes round out this beautifully designed book which will be appreciated by you, your entire family, and your circle of friends. And finally, you'll read about her favorite best tips to achieve sustained weight loss along with simple ways to make veggies deliciously appealing as your daily companions... noticing quickly how great you feel and look! As Susan writes in this comprehensive healthy living book, "*delicious, nutritious meals are love you can taste.*" Enjoy!

For decades, **Susan Smith Jones** has been a renowned leader in the fields of holistic health, fitness, and balanced living. She travels worldwide as a motivational speaker, consultant, and talk show guest and is the author of many health-related books.



To learn more about Susan's inspiring work,  
please visit: [SusanSmithJones.com](http://SusanSmithJones.com)

