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## Susan Smith Jones, PhD

*Author of over 25 books, including her 3-book healthy eating and living series **THE HEALING POWER OF NATUREFOODS, HEALTH BLISS and RECIPES FOR HEALTH BLISS** (Hay House), a former UCLA health and fitness teacher for 30 years, holistic health educator, culinary instructor and renowned motivational speaker*

**Dr. Susan can speak for minutes or hours on any of these topics — as well as countless other health-related topics. With Dr. Susan as a guest, your audience will be inspired, motivated, educated and empowered.**

**1. WEIGHT LOSS MADE EASY** – A perfect topic any time because most people want to reshape their bodies and look and feel their best. Obesity and “overweightness” are epidemic in our country. Whether one needs to lose 5, 50, or 300 pounds, she can provide the best tips on everything the listeners need to know about these weighty issues—how extra weight affects our bodies, surefire steps to lose the weight, why stress and hormones sabotage goals and a remarkable, cutting-edge supplement that works. (**Chapter in *Recipes for Health Bliss***)

**2. NATURAL HOME REMEDIES** – Everyone will love this show because of all the practical, efficacious tips she can give on healing your body the natural way. ***She has never taken medication in her life and hasn’t had a cold or the flu in over 20 years.*** She lives close to Nature and knows what to do to reduce the pain and inflammation from a bee/mosquito sting, heal a cut or wound quickly, prevent or alleviate a gas attack, sleep like a baby, stave off bad breath, banish colds and flu, rectify a sore throat, remove a splinter (using an onion), prevent wrinkles, accelerate fat loss, and a 100 more simply by visiting one’s kitchen.

**3. USING FOOD AS MEDICINE** – The listeners will be enthralled with this discussion on common foods we all eat (or should eat) that cleanse and detoxify the body; rejuvenate and reverse the aging process; prevent disease; heal depression, fatigue, and achy, painful joints; and give us a renewed control over our body and health. Many of us make the wrong choices every day by consuming foods that were never intended for our miraculous bodies. She’ll discuss how to make the appropriate food choices to reduce the risks of premature aging, heart disease, common forms of cancer (especially breast and prostate), arthritis, diabetes, and reduced vision and mental function . . . and lose body fat at the same time.

For example, celery helps reduce blood pressure, carrots prevent stroke, flaxseed helps prevent breast cancer, ginger reduces inflammation, aloe vera heals hemorrhoids, cinnamon re-balances blood sugar (prevents diabetes), chilies boost metabolism, etc. As written in *HEALTH BLISS*, Mother Nature has provided us with powerful, healing foods for *anything* that ails us.

You can actually make up for years of bad eating habits, and all those times you may have slipped or splurged—with the best “repair foods” in Mother Nature’s medicine chest. *She believes that good health comes from the farm, not the pharmacy.* And she’ll teach your audience how to help heal countless conditions without drugs, nasty drug side effects, surgery, and in some cases, not even a doctor’s visit.

**4. THE HEALING POWER OF SOLITUDE, SILENCE, SERENITY & MEDITATION** – As you’ll see in a chapter in *THE JOY FACTOR*, too much noise causes stress in our lives—physically, mentally, emotionally and spiritually. To be vibrantly healthy, we need to carve out time to enjoy the peace of our own company, listen to the whispers of God, rejuvenate our soul, and make peace our constant companion. As a disciplined meditator for over 30 years, Dr. Susan will talk about why “silence is golden” and offer fantastic, practical advice on how to eliminate the ongoing stress of unbalanced living. Sprinkled in-between the scientific studies will be examples of how her clients have enriched the quality of their lives by incorporating a “sacred balance.”

**5. THE WORLD’S BEST STRESS BUSTERS** – Each of us faces tremendous challenges every day. As we get up each morning, we may face myriad stressors—getting the kids off to school, driving in bumper-to-bumper traffic, presenting a career-making (or career-breaking) report to the boss, balancing the gasoline or household budget, dealing with terrorist or weather-related threats and so much more. It can seem like there is not enough time in the day to accomplish all you need to do. These are just some of the ways everyday life can get us down. If poorly managed, these challenges can lead to many forms of stress, depression, and anxiety. Stress is a fact of life, but you can choose not to make it a way of life. In this empowering show, she’ll discuss what happens in our bodies when we are under lots of stress, how her private-practice patients are taught to deal with stress, why too much stress causes disease, why 80-90 percent of all doctor visits are stress-related, and *reveal the world’s best dozen stress-busters.*

**6. LOOK & FEEL 10 YEARS YOUNGER IN 30 DAYS & 15-20 YEARS YOUNGER IN JUST 3 MONTHS!** – This is a program she taught at UCLA and the topic for her book (**foreword by Coach John Wooden**) *BE HEALTHY~STAY BALANCED*. Everyone wants to look and feel their best—and in just 30-90 days, you can shave years off your looks. This show covers simple ways to restore youthful vitality and renew your zest for life—in body, mind and spirit. Dr. Susan is also an expert on sleep, how lack of it undermines health, and 10 easy steps to sleep like a baby.

**7. HEAL YOUR BODY & PLANET EARTH WITH A VEGETARIAN DIET** – This is an eye-opening, controversial subject that inspires everyone to make more mindful, conscious choices of what they eat and drink and how their food choices affect the quality of life on Planet Earth.

**8. THE RAW FOOD REVOLUTION** – Why are so many people on the bandwagon of eating more raw foods? Do they really heal and energize the body? Dr. Susan knows the truth and can speak for hours about the myths and benefits of eating more raw foods and also suggest recipes.

**9. SIMPLE HEALTH-PROMOTING RECIPES FOR BUSY PEOPLE** – A culinary instructor/private chef for over 25 years, Dr. Susan loves to talk about the best foods to eat to heal the body and look younger, and that take only minutes to prepare. She’ll have your audience salivating and rushing to the supermarket for her recommended shopping list. Her tasty, common-sense suggestions will revolutionize how people think about healthful snacks and meals. Ask about her renowned *Salubrious Green Smoothies* described in her four critically acclaimed books *RECIPES FOR HEALTH BLISS, BE HEALTHY~STAY BALANCED, THE JOY FACTOR* and *HEALTH BLISS* and how these simple, delicious drinks (that everyone loves—from toddlers to seniors) rejuvenate and revitalize the body. There’s nothing better than these smoothies to help accelerate fat loss, shave years off your looks, promote deeper sleep, increase energy, and reduce stress.