



A HUG IN A MUG



***A Hug in a Mug* is available worldwide on Amazon and at better bookstores! For personally autographed copies, which include a notecard from Susan and bookmark, please refer to her website...**

SusanSmithJones.com

“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 too long? Concerned that healthy eating is boring? Want 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? If yes, ***A Hug in a Mug*** is the book for you!

“Susan brings all of this info into the chapters of this empowering book. 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.

“For decades I have been producing and hosting radio programs, and for 20 years, Susan has been a monthly guest on my show, *This Week in America*. She is the only person I’ve ever invited on my program monthly because she’s that good, and my listeners around the world can’t seem to get enough of her joyful, upbeat, and shining personality. Her enthusiasm, experience, and vast knowledge in holistic health, nutrition, fitness, human potential, and mental well-being are gifts to my listeners and shine forth in this book. Her wit, wisdom, and humor blend to create a truly contagious field of joyous energy. This is my favorite book on healthy living.” ~ **Ric Bratton, Founder & Host, *This Week in America***

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



Foreword Excerpt from the book by... Stephen Esser, MD

This book offers a wealth of wholesome health info with ways to transform your eating habits, boost metabolism, sleep like a baby, turn on your body's key longevity switches, live more joyfully, supercharge your self-confidence, and so much more!

A HUG IN A MUG



Susan Smith Jones, PhD