



A HUG IN A MUG



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



Susan Smith Jones, PhD



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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

Do 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

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



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