A woman with long blonde hair, wearing a blue and pink floral dress, is walking on a sandy beach. She is looking down and to her right. The background shows the ocean waves and a clear blue sky.

Living on the Lighter Side

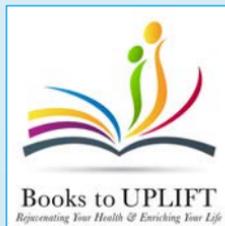
Dr. Susan's Premier Secrets
to Accelerate Fat Loss,
Supercharge Your Energy &
Rejuvenate Body & Mind

Susan Smith Jones, PhD

Living on the Lighter Side

**Dr. Susan's Premier Secrets to
Accelerate Fat Loss, Supercharge Your
Energy & Rejuvenate Body & Mind**

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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 is 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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*The book is dedicated to YOU, my special reader.
You can achieve your heart's highest vision for yourself.
Whether you want to lose weight, reshape your body,
heal your dis-ease, or reinvent yourself, I want
you to know that I believe in you. You can do it.
The power is already inside you to create your best life.
And always remember to celebrate you and life every day.*



*Oh, while I live to be the ruler of life, not the slave;
to meet life as a powerful conqueror, and nothing
exterior shall ever take command of me.*

—WALT WHITMAN



*Cherish the music that stirs in your heart, the beauty
that forms in your mind, the loveliness that drapes
your purest thoughts, for out of them will grow all
delightful conditions, all heavenly environments;
of these, if you but remain true to them,
your world will at last be built.*

—JAMES ALLEN

INTRODUCTION

Cherish Your Vision

What a joy it is to have this opportunity to share my thoughts, experiences, and research on being fit and vibrantly healthy, youthful, and fully alive. As you read this book, 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 lots in common since you've chosen to read a book on radiant health and vitality and to strive to be the best you can be. I am eager to share with you this program that has created SUCCESS for thousands of people. I know it can do the same for you.

For those of you who are new to my work and me, I first want to share with you something about my background in holistic health and core beliefs: For me, I recognize that our spiritual selves must be healed before we can heal physically; love can heal anything; we have the power within us right now to renew our lives and live successfully. I hope my odyssey will inspire and motivate you to make the necessary choices to bring more health, joy, passion, and peace into your life.

In the 70s, I fractured my back in an automobile accident. The doctor told me that I would have to get used to a life of pain, inactivity, and difficulty, as I would never be able

to carry anything heavier than a light purse. Of course I was devastated when I heard this prognosis. All I could see was a closed door. I was filled with depression, self-pity, and confusion. I felt like a victim. Little did I know at the time that this accident would turn out to be one of the richest blessings of my life! It served as a “wake-up call” and became one of those moments in my life when the universe got my attention in a big way.

A month after the accident, I went to a favorite inspirational spot overlooking the Santa Monica Bay for a heart-to-heart talk with myself. The life my doctor had described



as the best I could expect was simply unacceptable. I knew I had a choice to make and I made it. Helen Keller once communicated: “When one door closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.” Although I didn’t know how I could

change my physical condition, I knew that there was a Higher Power within me that would guide me toward the answers. So I made a deep commitment to let go, live from inner guidance, and accept only vibrant, radiant health.

The power of choice is ours. It’s up to each of us to create the meaningful life for ourselves. We are made in God’s image and have the potential to make our lives extraordinary. We can choose to be radiantly healthy, with a fit, strong body, and filled with joy and thanksgiving. We can choose to be at peace with life. We have the power and ability to make our dreams a reality, to manifest our heart’s best desires.

The value of life is what we bring to it. Henry David Thoreau knew this when he said,

There is no value in life except what you choose to place upon it, and no happiness in any place except what you bring to it yourself.



I no longer look to other people, things, or circumstances as my source of happiness and fulfillment.

Of course, it hasn't been easy. I have made many mistakes, or what I prefer to think of as simply lessons in what didn't work for me.

After my conversation with myself, a series of events began that set me on the road to self-healing: First, I found some perfect books and audio programs. Then, I attended some great lectures. Finally, I met some special people who taught me about healing, salutary foods, visualization, and meditation—much of which, admittedly, sounded kind of weird to me at first.

During the months following the accident, and right up to this day, I have continued to make crucial changes in my lifestyle, behavior, thoughts and attitude. I have learned to bring more consciousness to my everyday living, to pay attention to and observe patterns—to use the ones that support me and to get rid of or change the ones that don't. I now choose to live more deeply, to find the intention beneath my intentions, and to always talk things over with God and my angels before making any decisions. Commitments link me, both mind and heart, to people, aspirations, and goals.

During my six-month checkup following the accident, the doctor shook his head in bewilderment and said, "This just can't be. There is no sign of a fracture and you seem to be in perfect health, free of pain. There must be some mistake. It's just miraculous."

Perhaps it was. Yet I've since discovered that miracles are a natural part of being healthy, happy, and peaceful. Every day we are surrounded with miracles waiting for our awareness. Life-giving fresh fruits and vegetables are miracles. So are sunsets and the buds on a rose, puppies and horses, and our magnificent bodies that house the loving Spirit within.

Every situation, seen rightly, contains the seeds of freedom. You can be sure that it's there, just waiting for you to look at it from the right perspective.

Ultimately our choices are what separate us from everyone else. They set us on the road to becoming truly independent and vibrantly healthy. Follow your heart. Learn to trust your ability to make decisions because the greatest lessons often come from the choices that appear to be risky. Taking risks is our chance to find out what works for us, what we can do well. We must learn to choose what we want and not worry about the rest, knowing it's all in God's hands.

In my time of crisis, I didn't just choose health. I chose to be the best I could be—physically, mentally, emotionally, and spiritually. That's what this book is about: tapping into your inner truth and power and choosing to be the best you can be. It's about living your truth and reclaiming your



spirituality. And it's also about taking loving care of yourself—by eating healthy foods, exercising regularly, choosing to be positive, honoring the Divine within you, and bringing spirituality, health, and balance into your everyday life.

Living on the Lighter Side is based on the program I taught for thirty years at UCLA and in my work as a fitness trainer, nutrition counselor, workshop and seminar leader, personal growth life coach, and frequent media guest. This book is like your own customized retreat you can take any time you want.

With knowledge and determination, willingness and perseverance, you can make being out-of-shape and unhealthy a thing of the past. This book will provide the map, but it's up



to you to choose the healthy path. The beauty of this *Living on the Lighter Side* program is that all the things that I recommend in this book that help accelerate fat loss, reshape your body, increase energy, and restore youthful vitality, also have the added bonus of help to boost immunity, self-esteem, libido; prevent disease; and make you feel better and look younger.

You may find that I suggest things that are entirely new to you, such as grazing, sleeping more, and adding bursts of intensity and special foods into your program. Give these things a try and see how you feel. But don't just take my word for it. You have all the answers within you. Always consult your inner guidance on every decision and choice in your life. Deep within our heart, 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 lives; it's how we apply and experience the material that is of real value.

Like you, I have a lot of things I want to accomplish in this life and I have no interest in being slowed down in any way by health problems. You owe it to yourself to choose being healthy and fit because no one is going to do it for you. You must make health and fitness your top priorities. 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 best, and I salute your great adventure.

All best wishes,

Susan S. Jones



If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours . . . If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.

—HENRY DAVID THOREAU



To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived.

This is to have succeeded.

—RALPH WALDO EMERSON

PART ONE

Surefire Tips to Boost Metabolism and Accelerate Fat Loss

*The natural force within each one of us
is the greatest healer of all diseases.*

—HIPPOCRATES

While millions of people starve to death in many parts of the world, the United States has the dubious honor of being the fattest country on the globe, with 50% of us being obese. Meanwhile, Americans are preoccupied with their waistlines. We spend more than 40 billion dollars a year on diet foods, diet programs, diet pills, and other “guaranteed” weight-loss regimens and products. Yet, according to the National Center of Health Statistics, we’re getting fatter all the time.

These unhealthy numbers show no sign of going down. Experts call obesity an American epidemic—one that brings with it major health problems. Heart disease, cancer, high cholesterol, high blood pressure, immune dysfunction, osteoarthritis, stroke, gout, sleep disorders, gallstones, and diabetes are all associated with obesity. Put in a more positive way, *losing even a little weight may significantly improve your health and well-being.* Even if you’re only interested in losing 10

or 20 pounds to look better, you'll also benefit in many other ways.

On the flipside, eating disorders such as anorexia and bulimia are on the rise, and women's magazines are not helping when they continue to use models who look like waifs. Take Barbie™, a doll that's part of most little girls' upbringing. This model of good looks and perfect body is giving the wrong message about what a healthy woman's body should look like. Were Barbie an actual person, her body fat would be so low that she probably wouldn't even be able to menstruate. As little girls treasure Barbie, and teens try to emulate her, she has one accessory that is consistently missing—food.

Statistics reveal that most people are not happy with their weight or the shape of their body. Half of the women and a quarter of the men in this country are currently trying to lose weight and reshape their bodies. The sad thing is that a majority of these people are going about it in the wrong way, the hard way—by dieting, which doesn't work! Throw away diet books that tell you that you can lose weight and keep it off without moving a muscle. They're rip-offs. Dieting is not the cure for excess fat. After you finish a diet, you may have lost some fat, but you haven't lost your tendency to get fat. Diet is a four-letter word!

The control mechanism for obesity is not diet; it's muscle metabolism. Your basal metabolic rate is the rate at which your body utilizes energy. Put another way, it has to do with how efficiently your body burns calories. Calories are the measuring unit of heat energy. When metabolism is higher, you burn more fat and have an easier time losing weight (fat) or maintaining your ideal body weight. You can feed your muscles the best food and vitamin supplements in the world, but if they're not toned up—if they're not exercised—they won't burn up the calories in those foods. As you



age, if you don't continue to keep your muscles exercised, your metabolism slows down and you'll gain weight more easily than you did when you were young. If you try to lose weight on a diet, you aren't fixing the slow metabolism that makes you quickly gain weight again. The major ultimate control of metabolism is exercise along with a few minor things you can do to make a big difference.

Statistics reveal that two out of three people who go on a diet will regain their weight in one year or less; 97% will gain the weight back in five years. To make matters worse, a majority of dieters who lose weight will gain back even more fat than they had before they started the diet. They have all violated an important rule in creating and maintaining a healthy, fast metabolism: they lost lean body mass, or muscle. An overweight person needs to retrain his or her body so that it burns up ALL the calories it gets, storing none as fat. Yes, they may need a diet at the start to help break bad eating habits, retrain their taste buds, jump-start their metabolism, and lose some excess fat, especially as a motivator. That's one of the reasons I've offered Rejuvenation Retreats in my books *Invest in Yourself with Exercise*, *The Joy Factor*, *Walking on Air*, *Recipes for Health Bliss*, *The Curative Kitchen & Lifestyle*, and *Healthy, Happy & Radiant . . . at Any Age* with over 250 healthy, delicious, and easy-to-prepare recipes in these titles. But long-term weight control requires a change in body chemistry so you won't get fat all over again. And EXERCISE is the only way to change your metabolism so that your body converts fewer calories to fat. You need aerobic exercise to burn the fat out of your muscles



and then add weightlifting to build up your muscle, which, in turn, increases metabolism.

In my workshops and seminars around the country, people tell me they get plenty of exercise doing household chores or walking around at work. I emphatically tell them that it's not enough! You need intentional exercise, like fitness walking and weight lifting or hiking, to call yourself anything but sedentary.

Adults who are not active with regular exercise lose about 1% of their muscle every year after about age forty. At the same time, many of those people gain about a pound of fat a year. But the slide to fat really doesn't have to happen if you participate in appropriate physical activity programs that include both aerobic and some strength-training (lifting weights) exercise, and if you select the healthiest foods.

So let's go over some tips for increasing your metabolism, selecting the right exercise and foods, and making healthy choices for creating a fit, lean body.

8 STEPS TO A FIT, LEAN, AND HEALTHY BODY, MIND & SPIRIT

1. Increase your muscle mass.

Muscle burns fat. It's that simple. Exercise increases muscle, tones it, alters its chemistry, and increases the metabolic rate. When you exercise, you actually continue to burn calories even when you're sleeping but you must exercise correctly to get the best results. Before I describe the best exercises to lose fat and increase metabolism, let's briefly explore why lean muscle tissue is so important.

More muscle means a faster metabolism because muscle

uses more energy to exist than fat. Because muscle is a highly metabolic tissue, it burns five times as many calories as most other body tissues, pound for pound. In other words, muscle requires more oxygen and more calories to sustain itself than does body fat. When you have more muscle mass, you burn more calories than someone who doesn't, even when you're both sitting still, which is why people who build muscle have an easier time maintaining a healthy weight. They're simply more efficient calorie burners.

Many men can eat more than women without gaining weight because men have more muscle and less fat than women and they don't have the higher estrogen levels that promote fat deposition. Because men have more muscle, they burn 10 to 20% more calories than women at rest.

If you increase muscle mass, you increase the number of calories your body is using every moment of the day, not just during exercise, but also at work, play, and even when sleeping. The addition of 10 pounds of muscle to your body will





burn approximately 500 extra calories per day. You would have to jog 6 miles a day, 7 days a week to burn the same number of calories. Ten extra pounds of muscle can burn a pound of fat in one week—that's 52 pounds of fat a year!

To increase muscle, you must engage in weightlifting, also known as strength or resistance training. Please don't skip this if you've never lifted weights before. It can really be fun and you don't necessarily have to go to an intimidating gym to do it. You can lift weights at home. Actually it's not the weightlifting itself, but the physiological effects that take place in the 48 hours AFTER weightlifting during the recovery period, that enhance metabolism. In other words, very little fat is burned during the weightlifting sessions. But LOTS of fat is burned during the recovery from weightlifting.

Weightlifting is not aerobic because the oxygen demand is simply too intense. But lifting weights strengthens your muscles so you can perform your aerobic exercise (such as jogging or hiking) more intensely without becoming anaerobic. When your muscles get stronger through anaerobic weightlifting, it enables you to burn more fat during your aerobic exercise (brisk walking) because you don't get out of breath so quickly.

And now, here's the premier reason to lift weights. The recovery phase, the 48 hours after your weightlifting session, has a profound impact on fat burning



enzymes. After you've finished your weight training session and are feeling refreshed and relaxed, your fat-burning enzymes are working harder than ever to repair the damage. They must replace the sugar that was used by the sugar-burning enzymes. To build up the sugar supplies (glycogen is stored muscle sugar that's used up during weightlifting), our bodies burn fat. It takes a lot of energy to restore sugar, which means that lots of calories are burned. The fat-burning enzymes must supply ALL of this energy. That's why you must make weightlifting a part of your fat loss/vitality program. Let me say this one more way: *Weightlifting stimulates metabolism and fat burning.*

The best way to increase lean muscle mass is through resistance training, which means weightlifting or resistance machines—barbells, dumbbells or machines, cables, or even 'free-hand' movements such as push-ups, sit-ups (crunches), and dips. All it takes to add 10 pounds of muscle is a regular weight-training program involving only 30 to 40 minutes, 3 times a week for about five to six months. Isn't that great! The wonderful thing about increasing your metabolism through increasing your muscle mass is that you don't have to restrict your caloric intake.

2. Increase your aerobic exercise.

Aerobic exercise trains muscles to burn fat and increase metabolism. Aerobic exercise means exercising with oxygen, not being winded or out of breath. These types of exercises, which are fairly gentle and nonstop, change your metabolism, and also train your muscles to burn more fat. Here's a premier point to keep in mind. *Muscles burn fat ONLY in the presence of oxygen.* For example, if you're jogging with your husband and he's breezing along and singing a song, and you're so



out of breath that you can barely put two syllables together, he's burning fat but your fat-burning mechanisms have shut down. Muscles burn two kinds of fuel—sugar (glucose) and fat. Your muscles really do prefer to burn fat because it's a more efficient burning system; there's more of it so it lasts a



long time and it produces lots of energy, but oxygen must be present to burn fat.

Does that mean you shouldn't do high-intensity sprints every so often? No, as I'll explain shortly, but you must make aerobic exercise part of your fitness program at least 5 days a week if you want to lose fat and tone up. By using the big muscles of the thighs and buttocks in an activity that is steady and non-

stop (such as cross-country skiing, bicycling, rowing, walking, and hiking), and makes you breathe deeply but doesn't make you out of breath, you are supplying oxygen to the muscles, which promotes fat burning in the muscles and makes you burn more food calories.

Let's put this another way. While the best exercise for permanent fat loss is weightlifting because it increases muscle, which burns more calories, low intensity aerobic exercise, such as walking, is also an excellent way to burn fat efficiently. Cutting 250 calories from your daily diet can help you lose half a pound a week (3,500 calories equals one pound of fat). But add a 30-minute walk 4 days a week, and you can double your rate of weight loss.

Frankly I'd like to suggest that you get out of the habit

you'll be able to make eating and exercise decisions—and other lifestyle choices—that are life enhancing rather than self-destructive. Engage in physical activities that nourish your body and soul. One of my favorite activities is spending time with horses, brushing and riding them, and just being in the presence of their magnificent beauty and strength. (By the way, riding horses affords a great leg workout.) Other cherished activities include in-line skating, gardening, hiking, walking in a botanical or flower garden, or stretching outdoors (without being in a hurry).

Dieting alone does not work. Good nutrition combined with regular aerobic exercise is better, but it won't replace the muscle tissue that's lost in aging. It's when you combine strength training, aerobic exercise, sensible eating, and nourishment for your spirit that you have an unbeatable combination for reaching and maintaining your ideal weight, improving your metabolism, creating a fit, lean body, and celebrating life.



1. MAKE A COMMITMENT.

Once you decide to make exercise a part of your life, take precautions that will keep you on the right track.

- ✧ Arrange your personal circumstances so your lifestyle supports your commitment.
- ✧ Make time for exercise.
- ✧ Seek the support of others, but realize the prime reason to exercise must come from within you.

2. DEFINE YOUR FITNESS GOALS.

Write down realistic short-term and long-term goals. Your goals provide a path for a specific direction and let you know how you are doing.

3. REPETITION.

Repetition is the key to mastery. It takes 21 days for the mind and body to create a new habit. During this time, remind yourself that for at least 21 consecutive days you'll stick to your new exercise program. It also helps to share your goals with a trusted friend.

4. REAFFIRM YOUR FITNESS GOALS DAILY.

Post your goals and your plans for achieving them where you can see them every day.

PART THREE

20 Surefire Tips to Support Weight Loss, Ramp Up Energy, and Rejuvenate Body & Mind

The human body is its own best apothecary.

*The most successful prescriptions are
those filled by the body itself.*

—NORMAN COUSINS

There are many ways to change your life. Working with my ideas on “change your thoughts to change your life” is one way, but it’s certainly not the only way. There’s a spiritual approach, there’s a mental approach, and there’s the physical approach, as I write about in my books *Walking on Air, Healthy, Happy & Radiant . . . at Any Age*, *The Joy Factor*, and *Recipes for Health Bliss*. When you clean your house, it doesn’t really matter which room you start in. Just begin in the area that appeals to you most. The others will happen almost by themselves.

The same applies to healing your body. In my books and seminars, I offer common-sense approach to healthful eating and living that’s really advantageous for everyone because my basic philosophy is simple and efficacious. *Choose to eat*

your foods as close to the way nature made them as possible. Here's my simple approach to eating: If it grows, eat it. If it doesn't grow, don't eat it.

Be conscious of your eating. It's like paying attention to your thoughts. You can learn to listen to your body and the signals you get when you eat in different ways. Cleaning the mental house after a lifetime of indulging in negative mental thoughts is a bit like going on a good nutrition program after a lifetime of indulging in junk foods. They both can create healing crises. As you begin to change your physical diet, the body begins to throw off the accumulations of toxic residue, and as this happens, you can feel rather rotten for 1–3 days. So it is when you make a decision to change your mental thought patterns—your circumstances can seem worse for a while.

Recall for a moment the end of a Thanksgiving dinner. The food is eaten, and it's time to clean all of the dishes and the turkey pan. Although I'm a vegan, I know that many of you reading this enjoy turkey at Thanksgiving so I'm using this as an example. The pan is all burnt and crusty, so you pour in hot water and soap and let it soak for a while. Then you begin to scrape the pan. Now you really have a mess. It looks worse than ever. But if you just keep scrubbing away, soon you'll have a pan as good as new.

It's the same with cleaning up a dried-on mental pattern. When you soak it with new ideas, all the old, antithetic thoughts come to the surface for you to look at. Just keep doing the positive, life-changing affirmations that I offer in my books, and soon you'll have completely cleared all old limitations.

My holistic health premise is this: *Think health, whole foods, and simple lifestyle choices.* While we all know that healthful eating is one of the main keys to a long life, few of us understand

which specific foods and other lifestyle choices can help protect the body and cultivate optimal health. In my books and seminars, I combine the latest research on the *NatureFoods* that prevent the most common age-related illnesses with essential information on the healing power of raw and plant-based food, exercise, sleep, dry skin brushing, deep breathing, metabolism enhancement, pH balance, alkaline water, and a positive, grateful attitude. I offer a comprehensive understanding of the amazing health potential of colorful nature foods and show you how to enjoy a level of health and vitality you never dreamed possible.

Right now, I want to offer you some very practical tips—some of my favorite guidelines and secrets—on what and how to eat to heal your body, keep your weight under control, and maintain vibrant health.



1. Eating too slow or fast can impede weight loss.

Hormones signal the brain when you're full, but it takes about 20 minutes from start time before you feel it. Slow eating not only aids in digestion, but also gives your brain a chance to



know what the stomach is doing. If you make a meal last, by talking, putting down your fork between bites or just plain waiting, you're less likely to eat on "automatic pilot" and more likely to realize you're full. Besides eating slowly, chew your food thoroughly. You'll be amazed how much willpower you can generate when you take your time and give your "satiety center" an opportunity to tell you that you aren't that hungry anymore.

On the flip side, you want to finish your big meals within an hour of starting. The body produces a second insulin hit if it senses a lot of food coming in continuously. You can avoid that second hit (and the subsequent fat storage that it triggers) by finishing within an hour of starting. If you see something you like that you forgot to eat within the hour, that's fine; just save it for tomorrow. It will still be there, and you won't be wearing it on your hips.

2. Fiber is your secret weapon.

Not only is fiber supremely healthy and directly related to the reduction of risks for a whole host of diseases, it is a huge player in the weight-loss field. It also contributes to a feeling of fullness. Consume as many high-fiber foods as possible *before* attacking any other food. Raw veggies contain sufficient bulk to fill you to some degree, before you



PART FOUR

The Skinny on Raw Foods and How They Heal the Body

Before I conclude this book, I wanted to share some information about raw foods and how eating more of them can support your weight loss goals and also benefit your miraculous body from head to toe. Raw food diets have become trendy in recent years, with hip raw cafes opening up in stylish neighborhoods throughout the U.S. and the world. Ironically, though, even as young “hipsters” frequent such establishments, the raw diet itself is one of the most ancient ways of eating you could find—just think of early man foraging the land for raw fruits, vegetables, nuts, and seeds. Our bodies originally evolved with a diet that was totally unprocessed and uncooked.

It was my grandmother who first introduced me as a teenager to the value of emphasizing raw foods in my diet. I guess she was “hip” before her time! She taught me that eating a diet rich in raw fruits and vegetables promoted radiant health and also encouraged me to eschew meat and animal products, which I have done for decades. Today, raw diets are often of the vegan variety, although not exclusively. Some raw dieters also eat unpasteurized dairy foods and even raw eggs, meat, and fish. However, in this book, I’ll be focusing primarily

on the benefits of eating raw vegan foods, since most of the research on the topic involves plant-based diets.



So, what exactly is a “raw” food or a “living” food? How high can a food be heated and still considered raw? Are there benefits or risks to a raw food diet? In this section, I’ll answer questions about all of the raw diet basics. In addition, for those who are already following or are familiar with a raw diet, I’ll share the latest, eye-opening research on the topic. Finally, I’ll direct you to

some delicious raw recipes that newbies and seasoned dieters alike will enjoy!

The Rationale for Raw Diets

The modern raw food movement got its start in the 1800s. In 1839, Sylvester Graham—an American preacher who was an early proponent of vegetarian diets and the man for whom the graham cracker was named—wrote that eating only uncooked foods was the key to health and longevity and could even guard against spiritual ills. Being a preacher, Graham drew some of his rationale from the Bible, referring to Adam and Eve as the “first family.” He wrote that according to Genesis, “The food of the first family . . . was fruits, nuts, farinaceous [starchy] seeds and roots, some milk, and maybe some honey.” He proposed that a raw, Eden-like diet allowed people to live in concert with nature and thereby liberate themselves of health concerns.



If you enjoyed this book, you might also want to get a copy of some of my other books—available in print and electronic form—including *Healthy, Happy & Radiant . . . at Any Age*; *The Curative Kitchen & Lifestyle*; and *Invest in Yourself with Exercise*. While each of these books in this series stands alone, together they create the perfect healthy living program that you can refer to often simply by the turn of a page or the click of a button.

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Resources

Books by Susan Smith Jones

The Curative Kitchen & Lifestyle

Healthy, Happy & Radiant . . . at Any Age

Wired to Meditate (Audio Book)

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Vegetable Soup/The Fruit Bowl

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Body Temple Vitality

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God-Centered Health

Choose to Thrive

Hello Readers,

Thank you for your interest in my book and work. Each year my management team receives over 2,000 letters requesting information on which health products I use personally and recommend. If you visit my website, **www.SusanSmithJones.com**, and click on *Favorite Products*, you'll find a few of my preferred products and companies. I have gathered and incorporated all of this information on one page highlighting some of my favorites that you will want to make part of your life, too. Please take time to read about these products that constitute an integral part of my healthy living program.

All of these superb companies and/or products on the *Favorite Products* page I've enjoyed for years—and sometimes decades—and highly recommend as a holistic lifestyle and personal growth coach and counselor; I enthusiastically attest to their rejuvenative and life-enhancing qualities. Please click on each of the links provided to get more detailed product information, and also give the companies a call to request literature or to order these products. You'll be moving in the direction of greater health with all of these outstanding healthy-living products.



About the Author



For a woman with three of America's most ordinary names, Dr. Susan Smith Jones, PhD, has certainly made extraordinary contributions to the field of holistic health. A health educator for over 30 years at the University of California, Los Angeles (UCLA), with a doctorate in Health Sciences, Susan has established herself as one of the world's foremost experts on diet and nutrition, natural remedies, balanced

living, and human potential while authoring over 30 books and 2,500 magazine articles on these topics. Her latest best-selling titles include *Invest in Yourself with Exercise, Healthy, Happy & Radiant at Any Age, The Curative Kitchen & Lifestyle, The Joy Factor, Walking on Air*, and her 3-book healthy eating and living set, *The Healing Power of NatureFoods, Health Bliss, and Recipes for Health Bliss*.

Selected as one of 10 *Healthy American Fitness Leaders* by the President's Council on Physical Fitness & Sports, Susan



teaches that the body is designed to be self-repairing and that the power to live a radiantly healthy life is within everyone's grasp. This is something she knows firsthand. Many years ago, when a devastating car accident fractured Susan's back so badly that doctors told her she would never again be physically active and would live a life of chronic pain, she proved her doctors wrong. Her miraculous recovery convinced her that we all have within ourselves everything we need to live our lives to the fullest. She now regularly participates in a variety of fitness activities including hiking, weight training, in-line skating, biking, horseback riding, Pilates, and yoga.

Susan's diverse expertise has made her a sought-after culinary and lifestyle coach, retreat and workshop leader, media presence, and corporate consultant. She has been a guest on more than 2,500 radio and television talk shows in North America and worldwide, consulted with Fortune 500 companies to create healthier workplaces, designed recipes for the natural foods industry, and guided discerning clients the world over to live their best lives. When she is not crisscrossing the globe delivering her message of vibrant health, she can be found living out what she teaches at her home base in Brentwood, Los Angeles, from hiking at sunrise to preparing delicious meals loaded with organic, plant-based foods. She is also founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to the advancement of peaceful, balanced living and health education. Her optimistic, joyful outlook has earned her the nickname "Sunny."

For more information on Susan and her work, please visit:

www.SusanSmithJones.com

Holistic health and fitness expert, Dr. Susan Smith Jones, has created a total body/mind, easy-to-follow weight loss program just for you!

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Susan Smith Jones, PhD, has made extraordinary contributions in the fields of optimum health, natural remedies and human potential. Selected one of ten “Healthy American Fitness Leaders” by the President’s Council on Physical Fitness & Sports, she is author of over 30 books and 2,500 magazine articles. For 30 years, Susan taught students, staff and faculty at UCLA how to be healthy and fit. As the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to the advancement of peaceful, balanced living, she travels worldwide as an in-demand consultant, motivational speaker and frequent guest on radio and TV talk shows. Susan has helped thousands of people enhance their physical, mental and spiritual well-being.



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