

# Meet: Susan Smith Jones, MS, PhD

*Holistic Health Educator & Award-Winning Author  
Shares Practical Wisdom for Whole-Life Wellness*

For a woman with three of America's most ordinary names, I'm often told that I have certainly made extraordinary contributions in the fields of holistic health, anti-aging, optimum nutrition, balanced, peaceful living and children's vitality. For starters, for 30 years I taught students, staff and faculty at UCLA how to be healthy and fit! I am the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to optimal wellness and holistic health education for all ages — children through seniors. I travel internationally as a frequent radio/TV talk show guest (on more than 3,000 programs) and motivational speaker and, these days, it's great when I can do interviews virtually. I am also the author of more than 2,500 magazine articles and many books, including **A HUG IN A MUG: Revitalize with Superfoods & Health Living Extras**; **UPLIFTED: 12 Minutes to More Joy, Faith, Peace, Kindness & Vitality**; my faith-based book **WIRED FOR HIGH-LEVEL WELLNESS**; an award-winning children's nutrition book **VEGETABLE SOUP/THE FRUIT BOWL**; and my latest award-winning book (Gold Medal from the *Mom's Choice Awards* organization) for children of all ages and also young-at-heart adults **JOY & THE BUTTERFLY: The Magical Garden**.

The *President's Council on Sports, Fitness & Nutrition* selected me as one of "10 Healthy American Fitness Leaders"—a prestigious honor bestowed upon me in Washington, D.C. Other past winners have included President Ronald Reagan, UCLA Coach John Wooden, and fitness experts Kathy Smith, Denise Austen and Richard Simmons. Yes, exercise *is* strong medicine!



**For Info on Susan's Books & Work, Visit: [SusanSmithJones.com](http://SusanSmithJones.com)**

You'd say that I am in a unique position to testify on the efficacy of my basic message that health is the result of the countless choices we make every day. When my back was fractured in an automobile accident, my physician told me that I would never be able to carry "anything heavier than a small purse." I chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, I fully regained my health and active lifestyle. I attribute my healing to my natural-foods diet, faith, determination, perseverance, balanced living and, most importantly, to my unshakable relationship with and deep connection to God.

Since the accident, I have been constantly active in spreading my faith-based message that anyone can choose to create a healthy, happy, peaceful and balanced life. I am currently focusing not just on healthy living for adults — physically, mentally and spiritually, but also the well-being of children because they need our support for their physical and mental health more now than ever before. One of my many college degrees from UCLA is a Teaching Credential that has come in handy when working with children around the world to help foster their health, vitality and joy of living. I bring together modern research and ageless wisdom in all of my work and especially in my new children's book **JOY & THE BUTTERFLY: The Magical Garden**. What's fascinating about this novelette is that adults are enjoying it as much as the children (of all ages), and are finding it emotionally healing and uplifting.

### 🦋 **Susan's Outlook on Holistic Health & Living Fully** 🦋

Life is all about the choices we make day in, day out. Living our best life means choosing to appreciate our magnificent bodies. The body is sacred, a temple of the living, loving Spirit, and therefore deserves reverence. Treat yourself with respect. Don't wait until you're sick to recognize the miracle of your body. Honor the love inside you and the love you are.

If you want to become healthier and more powerful, begin with how you feel about yourself and accept your body as a temple. In your unique body, mind and spirit you have been given everything you need to be the best you can be, to become master of your life. Cherish and respect your body unconditionally—no matter what its current shape—because it is sacred.

Start today by tuning in more attentively to your body. It is a fantastic feedback machine. If you listen, you will discover that it communicates very well. When you get a headache, your body is trying to tell you something. Listen to your body's signals. The key is your willingness to listen and act. If you feel pain, what is your body trying to tell you? It may be telling you that you're eating too much, or eating the wrong kinds of food, or smoking or drinking too much, or not sleeping enough, or not drinking enough water or getting enough exercise. It could be telling you that there's too much emotional congestion in your life.

Listen to your body. *Respect and appreciate it.* Take loving care of it. You will learn to discern what your body is trying to tell you. And please, choose your doctor carefully. Choose someone who practices a wellness lifestyle and who listens to you. There is a tendency today for doctors to turn to technology and all kinds of elaborate testing first, or to prescribe a regimen of medications, before listening to you or to their own intuition. I don't think it's a good trend.

And always remember: *It is normal to be healthy.* It's your divine birthright to be well. Choose wisely and show by your daily actions that you are a champion of creating vibrancy and your best life. 🌻

