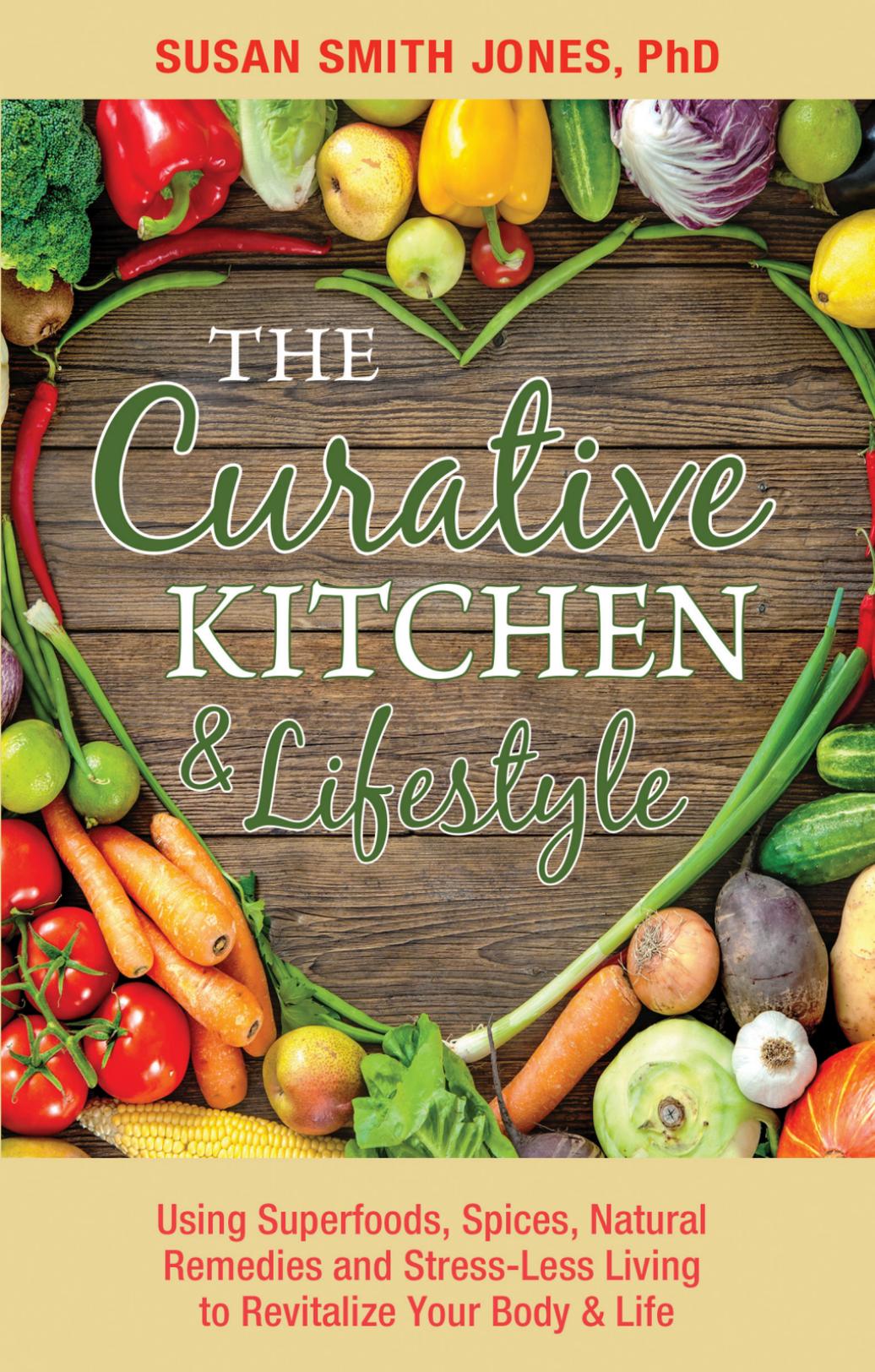


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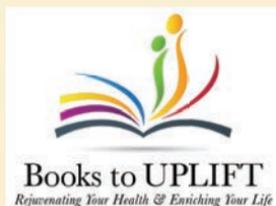
THE
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SUSAN SMITH JONES, PhD



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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*This book is dedicated to Edwin Basye,
my Technical Creative Director (TCD) and Webmaster
extraordinaire who always goes the extra mile for me and
shares my same commitment to excellence.*

A top-down view of a wooden surface covered with a variety of fresh vegetables. In the upper left, there are several pieces of yellow squash, some cut open to show the seeds. Next to them are several bright red tomatoes. To the right, there are several orange carrots with green tops, and a few yellow onions. In the lower left, there are several purple beets. In the lower right, there are several green cucumbers, a bunch of leafy greens, and some fresh herbs. The wooden surface is made of dark, weathered planks.

*The doctor of the future will give
no medicine, but will interest his
patients in the care of the human
frame, in diet, and in the cause
and prevention of disease.*

—THOMAS A. EDISON



INTRODUCTION

Living Close to Nature

Each patient carries his own doctor inside him.

—ALBERT SCHWEITZER

*When you put your force and energy behind
something, the results will be powerful.*

—ALEXANDRA STODDARD

My reason for writing this book is really quite simple: I have a passion for writing—for sharing my thoughts, experiences and research on being healthy, happy and fully alive, and a desire to help make a positive difference in people's lives. As you read, I hope that you feel like we are sitting across from each other, and I'm talking to you personally. I already know that we have lots in common, since you've chosen to read a book on how to eat healthfully and live close to nature.

As a health researcher, writer, teacher, lecturer, counselor, and lifestyle coach for 35 years, I've learned that the secrets to joy and fulfillment in this life are found in the study and practice of holistic health, optimal nutrition, and balanced living. My friends and clients call me the "*NatureFoods Lady*"



and “*The Nature Girl*” because I always look to nature for answers to life’s ongoing health questions.

If you are new to my work, here’s my health philosophy in a nutshell, beautifully described by Ralph Waldo Emerson: “*Health is our greatest wealth.*” If you think about this sage advice, I’m sure you’ll agree. Fortunately, regardless of your age, your current level of health, or your current diet or living habits, you can, at any moment, choose differently. Your new, better choices will lead to a healthier and happier life than you ever thought possible.

If you are a “baby boomer” like I am, keep in mind that changes that were once labeled milestones of growing older—such as high blood pressure, fragile bones, significant

memory loss, wrinkles, reduced vision and lack of energy and libido—are no longer considered inevitable. The diet and lifestyle choices I recommend in this book (and practice myself) will help you look and feel vibrantly alive at any age. I feel as young and exuberant as I ever did—and you can, too!

Your level of health, right this moment, is the result of the countless choices you have made regarding your diet, exercise, thought processes, beliefs, and expectations. Undoubtedly, many of these choices have been poor ones. But you can use your past mistakes and learn from them. However, you must start with a commitment. Specifically, are you willing to make a commitment to your health?

A commitment to health begins with appreciating, respecting, and loving your magnificent body. *One of the most important things you can learn in life is to appreciate yourself. As you open your heart to your own self-worth and to the divine essence of all humanity, you access the most powerful healer of all, the healing power of love.* And the human body is, indeed, a miracle of



love's creation. The more I study the human body, the more I am amazed and in awe at how beautifully it is designed. Clearly, your body is a fantastic creation that deserves reverence and respect.

Your body is a remarkable feedback machine. If you listen, you will discover that it actually talks to you. When you get a headache, for instance, your body is trying to tell you something. Listen to your body's signals with health, balance, and peace as your goals. The key here is your willingness to listen and act. Start today to tune in more to your body.



Most people think that the way to handle a headache is to reach for a bottle of aspirin. They think that it's normal to have a headache, but they are mistaken. While headaches (and the countless other aches and pains that people experience) are certainly common,

health is the truly normal state. Disease is an aberration, caused either by harm you've done to yourself or that others have done to you.

Collectively, Americans have been making some very poor choices. Just look at all of the commercials on television and the advertisements in magazines and newspapers. Whatever you are suffering from—headache, constipation, sleepless nights, diarrhea, indigestion, skin rashes, high blood pressure, impotency . . . fill in the blank—the advertisers have a miracle pill, powder or potion for you. We've come to believe that things outside ourselves are the keys to health and well-being. We've become a self-medicating society because we don't really understand how beautifully

robust the human body is. Each of us needs to be reminded that our bodies are magnificently equipped to meet life's problems when supplied with the simple and easily obtainable requisites of health.

Choose to Make Positive Changes

I have some astonishing news for you. It's normal to be able to go to sleep at night without taking a pill. It's normal not to have headaches, sinus problems, hemorrhoids, constipation and shaky hands. It's normal to be well. We just need to *stop doing the things that cause the problems in the first place*. When you live more from inner guidance, closer to nature, you can enrich the quality of your life and the quality of life on this planet. It's simply a matter of choice. And it all begins, as mentioned above, with appreciating, respecting and taking loving care of your body. The body reflects the mind, and the mind reflects the spirit, so choosing to make positive changes with your miraculous body is a good place to start.

This book focuses primarily on how to take the best care of your body—starting today—by choosing to eat healthful foods, spices, and herbs and taking steps to improve a variety of other necessary lifestyle habits. You see, it's really not about making major lifestyle or food changes; rather, it's about making simple, *effective* lifestyle choices. What you eat, how much you move or sleep, what you think, how you deal with stress, how much water you drink, how many bad habits you can discard, and how much your social



relationships support you—these factors have a profound effect on health, longevity, and quality of life.

Of the many positive steps you can take, three are eminently under your control: what you eat, how much you move (physical activity), and what you think about. You have the ability to change all three of those at any time. For example, you are the one who decides what you eat or drink; nobody, I hope, shoves the food down your throat. If you want to be vibrantly healthy, free from disease, and filled with energy and vitality, start upgrading the foods you eat.

Most people are digging their graves with their knives and forks each and every day. While your diet is only one of the essential ingredients of vibrant health, it's a big one. Think about it this way. Your body is composed of over 70 trillion cells. Think of each cell as a little engine. Some of these engines work in unison, some work independently, and they all work 24/7. In order for the engines to work right, they require specific fuels. If an engine is given the wrong fuel, it won't be able to perform to maximum capacity. If the fuel is of a poor grade, the engine may sputter and hesitate, creating a loss of power. If the engine is given none of the fuel it needs, it will stop.

Much of the fuel for our cells comes directly from the things we eat. The food we eat contains nutrients in the form of vitamins, minerals, water, carbohydrates, fats, proteins, and enzymes. Just as a car requires different forms of energy



for the brakes, transmission, and battery to run smoothly, the cells of the body require different types and amounts of nutrients, depending on their location and function in the body. These nutrients allow you to sustain life by providing your body's cells with the basic materials they need to carry on. Each nutrient you ingest differs in form, function and amount needed; however, all of them are vital.



Nutrients are involved in every bodily process, whether it be combating infection, providing energy, or promoting tissue repair, but their common goal is to keep us going. Although eating has been woven into many cultural and religious practices, the essential purpose of eating is survival.

A fundamental problem for most of us is that we eat too much low-nutrient food. These poor food choices deprive our bodies of the nutrients we need. When you deprive your body of the nutrients it needs for a long enough period of time,



you get sick because normal functions are impaired. Even if you are not obviously sick, you may not necessarily be healthy. It simply may be that you are not yet exhibiting any overt symptoms of illness. Unlike a car engine, which immediately malfunctions if you put water into the gasoline tank, the human body has tremendous resilience and often camouflages

the repercussions of unhealthful fuel choices. By understanding the principles of holistic nutrition and knowing what nutrients you need and what foods contain them, you can improve the state of your health, stave off disease, and maintain the harmonious balance that nature intended.

Trying to Buy Health

One of the most sobering national statistics is that we spent \$1.5 trillion on disease care last year, more per capita than any other nation in the world. But we are nowhere near the top when it comes to health. Despite our high tech therapies, we are lagging behind all of the industrialized countries and a number of developing countries, as well. How can this be?

One big reason is that there are huge food and medical industries working hard to convince us that what we eat

has little or no effect on our health. We are told by industry apologists that any combination of low-nutrient, processed, chemicalized “foods” will meet our nutritional needs as long as we take plenty of vitamin pills, heart-burn medicine, headache pills, and other remedies.



By contrast, scientists tell us that by the year 2020, over 75 percent of all Americans will be obese (with all of the diseases that accompany moribundity). You don't need to be a Nobel Prize winner to understand that Western medicine needs to rethink how it views health and well-being, and that changes need to be made *now*.

Eating for Optimal Health

As study after study has shown, a high-nutrient, plant-based diet is a prerequisite for optimal health. That is why I am focusing on healthful foods—what I refer to as *NatureFoods*—and describing their benefits. You'll have a panoply of the best foods, spices, and herbs to help reduce your risks of heart disease, hypertension, diabetes, obesity, Alzheimer's, arthritis, common forms of cancer, premature aging, vision problems and mental dysfunction.



I'll also describe some foods that help to accelerate fat loss, increase your energy level and joie de vivre, and empower you to achieve control over your life. I list the foods in alphabetical order. Every food is backed by extensive research and my personal experience of teaching nutrition and healthful food preparation classes (cooked and live-food cuisine) for more than 35 years. For more in-depth information about the best foods to eat and other healthy lifestyle practices, please refer to some of my other titles, including *Living on the Lighter Side*, *The Healing Power of NatureFoods*, *Recipes for Health Bliss*, *Walking on Air*, *The Joy Factor* and *Healthy, Happy & Radiant . . . at Any Age*.

I encourage you to make a commitment for 90 days—just one season, three months—and incorporate as many of my dietary suggestions as possible into your life. In this short period of time, you will look better than you have in years and also feel more youthful and empowered. In fact, if you make the commitment for 90 days, you can turn back the clock by at least *10 years*! That's right—you can look and feel ten years younger. What do you have to lose except some extra weight, aches and pains, ailments and diseases, and a negative attitude toward your body and your life? I know you can do it. I believe in you and salute your great adventure. I hope to meet you in person somewhere along the way.

All best wishes,

Susan S. Jones





PART ONE

Choosing the 21 Best SuperFoods to Reinvigorate Your Body & Mind

There is absolutely no substitute for greens in the diet! If you refuse to eat these ‘sunlight energy’ foods, you are depriving yourself, to a large degree, of the very essence of life.

—H. E. KIRSCHNER, MD

As you know by now, for the past 35 years I have been a researcher, writer, teacher, lecturer, personal growth counselor and lifestyle coach, emphasizing holistic health, optimum nutrition, and the many benefits of living a balanced life. I look to nature for answers on how to be my healthiest. I believe that God has provided us with every kind of food we need to nourish our bodies to create vibrant health right on into old age. This balanced, healthy lifestyle, particularly consuming loads of raw, plant-based foods, has allowed me to refrain from taking any prescription medication—something I count as a blessing indeed.

While the foods we eat are only one aspect of being healthy, diet is undeniably a very important component in overall health. A CNN Headline News report recently revealed that eight of the ten leading causes of death in North America

are directly related to diet—a sobering statistic. And yet, we are all responsible for what we consume. Nobody shoves less-than-optimum food down our throats. Many of us choose the wrong foods every day, foods that were never intended for our bodies and which contribute to most common major diseases.

In this section of the book, I will guide you on how to make the best choices from a selection of some of my most favorite superfoods. What exactly can superfoods do? They can help reduce your risks of heart disease, hypertension, diabetes, obesity, Alzheimer’s disease, arthritis, common forms of cancer, premature aging, vision problems and mental dysfunction. Not only that, these amazing foods can help increase your energy and vitality and provide a sense of empowerment over your body and life.

You’ll learn the importance of selecting a variety of colorful, plant-based foods, preferably organically grown, as they do have more nutritional value. Each year, scientific studies disclose more about the active components of plant-based foods, called *phytonutrients*. These are chemical compounds in plants that act on human cells and genes to bolster your body’s innate defenses against illness. Put simply, phytonutrients can save your life.

For decades my family, friends, and clients have asked my advice on the best natural remedies for a variety of physical conditions, ailments, and diseases. I recently recommended blueberries to a friend because they can increase brain longevity through their ability to help release dopamine in the brain. One of my clients is challenged with heart disease and cancer; on my list of foods to embrace and avoid, I recommended spinach and kiwi because of their high levels of disease-fighting antioxidants and phytonutrients, which are said to be excellent sources in battling those particular diseases.

Finally, a participant in one of my workshops was concerned about fibroid tumors and I recommended pears because their high content of certain minerals and fibers is known to help prevent them.

While there are certainly more than these superfoods listed below, I am going to share with you some of my favorites—some of the best-of-the-best healing whole foods. For more information on these and additional salutary foods, please refer to my books, *Health Bliss*, *Recipes for Health Bliss* and *The Healing Power of NatureFoods*.

Before I extol the virtues of these delectable foods, let me first introduce you to the ORAC analysis. ORAC refers to the “Oxygen Radical Absorbance Capacity,” an analysis that is used to measure the total antioxidant power found in foods. The higher the ORAC score, the greater a food’s antioxidant capacity. I refer to ORAC units simply as “anti-aging points.” Researchers in the know suggest that we aim for 3,500 ORAC units per day. *It might interest you to know, as well, that much of the antioxidant power in these colorful plant-based foods comes from the pigments in their skins.*

Here are the ORAC units per 100 grams (about 3.5 ounces) of food for the following vegetables in descending order.

ORAC UNITS FOR VEGETABLES			
FOOD	ORAC UNITS PER 100 G	FOOD	ORAC UNITS PER 100 G
Spinach	1,260	Red bell peppers	710
Kale	1,170	Onions	450
Brussels sprouts	980	Corn	400
Broccoli florets	890	Eggplant	390
Beets	840	Carrots	210



Here are the ORAC units per 100 grams of food for the following fruits in descending order.

ORAC UNITS FOR FRUIT			
FOOD	ORAC UNITS PER 100 G	FOOD	ORAC UNITS PER 100 G
Prunes	5,770	Plums	949
Raisins	2,830	Avocado	782
Blueberries	2,400	Oranges	750
Blackberries	2,036	Grapes	739
Cranberries	1,750	Cherries	670
Strawberries	1,540	Kiwi	602
Raspberries	1,220		

So let's begin with the first SuperFood . . .

1. AVOCADO

Often referred to as nature's butter, avocados are popularly known as the alligator pear because of the shape and rough skin of its most common variety, the Haas. Other types of avocado are larger in size and range in color from dark green to crimson. Avocados have more protein than any other fruit—approximately 2 grams in a 4-ounce serving.

Rich in phytochemicals, this fruit (yes, it is a fruit!) is the main ingredient in one of my favorite dishes—guacamole. Guacamole is scrumptious spread on whole grain bread or mashed into baked russet, yam, or sweet potatoes (instead of butter or margarine). You can even use it as a great hydrating facial mask (see *Consider This*, below). By weight, avocados have about a quarter of the calories of total fat of dairy butter.

And ounce for ounce, they provide more heart-healthy monounsaturated fat, vitamin E, folate (the plant source of folic acid), potassium and fiber than other fruits. In fact, four ounces, about one-half of a medium-size avocado, provides 500 mg. of potassium and more than 16 percent of the RDA of folate; it also supplies 10 percent or more of the RDA for iron, and vitamins C, E, and B₆.

Avocados are also rich in two phytochemicals: beta-sitosterol, an important phytochemical linked with lower cholesterol levels; and glutathione, an antioxidant that may offer protection against several cancers.

According to Susan Bowerman, RD, a registered dietitian at the University of California at Los Angeles Center for Human Nutrition, avocados also exceed other fruits as a source of the potent antioxidant lutein. This antioxidant may help prevent cardiovascular disease such as atherosclerosis (hardening of the arteries) as well as prevent prostate cancer. In addition, lutein protects your eyes from cataracts and from age-related macular degeneration.





If all of this doesn't get you excited about avocados, maybe this will. Avocados were known as "testicle fruit" to the ancient people of Central and South America. This delicious fruit also had a reputation as an aphrodisiac.

Avocados should always be eaten raw, since they have a bitter taste when cooked. A medium-sized California avocado contains about 30 grams of fat—almost twice as much as its Florida cousin—and more calories than any other fruit. Because of the high fat content (albeit healthy fat), if you wish to lose weight, limit your consumption to no more than two medium-size avocados per week. Avocados start to ripen only after being cut from the tree. Mature fruit can be left on the tree for six months without spoiling. Once picked, it will ripen in a few days.

Consider This

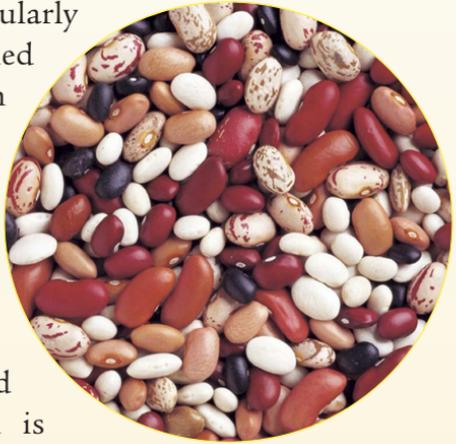
For a superb hydrating and rejuvenating facial mask, mash or blend up half of an avocado and spread it on your face and neck. Relax for 15–60 minutes (on your bed, if possible) and then wash it off. You'll feel and see the difference in your skin.

2. BEANS

Here is a food that certainly fits the superfood category. Legumes include fresh beans like peas, green beans and lima beans as well as lentils, chickpeas, black beans, pinto, navy, and red beans, and the whole dried bean family. Beans are not just a great source of fiber and protein; they also pack a powerful antioxidant punch. Vegetarians have long counted on beans as a replacement for protein-rich meat. The disease-preventing fiber and significant amount of protein in beans will also keep you satiated. Surprisingly, however, few scientists had bothered to see if beans contained antioxidants—

free-radical-destroying substances believed to help fight heart disease, cancer and more—until recently.

Dried beans are particularly rich in antioxidants called *flavonoids*, the ones found in green and black tea. The darker the bean, the more flavonoids it boasts. In other words, black beans have the most, then red, yellow, and finally white. The antioxidants are found in the bean coat, which is where bean colors are also found.



Also, most beans are an excellent source of magnesium. Consuming magnesium can lower the risk of developing type 2 diabetes by up to 30 percent, as demonstrated in numerous



studies involving thousands of women. More than 93 million women in the United States have type 2 diabetes.

Most beans are about 1 percent fat, while the soybean is about 18–20 percent fat, of which 15 percent is saturated, 23 percent monosaturated, and 58 percent polyunsaturated. The primary isoflavones in soy, genistein and daidzein, may help prevent cancer. However, one study found that anasazi, brown, black, navy, pinto and turtle beans contain about as much as or more genistein than soybeans (*J Altern Compl Med.* 1997; 3:7–12).

Whether canned or fresh, beans are a great addition to toss in a salad or add to chili and pasta. If you choose canned beans, it's important to cut down on the salt content, so always put the beans in a strainer and rinse them with cool water, thus eliminating about 40 percent of the salt. Hummus, one of my favorite foods, is made from chickpeas (also known as garbanzo beans). I also sprout beans so I can create raw food hummus and other tasty treats. You can even grind dry beans (or grains) into healthy flour using a good food processor, blender, or specialized kitchen mill (visit my website, www.SusanSmithJones.com, click on *Favorite Products*, then check out my suggestions). It takes little effort, and the enhanced flavor of the freshly ground beans or grains is something I always appreciate.

Here's a final thought regarding beans. It is indeed true that beans can cause flatulence. This is because bacteria attack the indigestible matter that remains in the intestine. The following remedies may work for you:

- ✱ Canned beans and mashed beans are less gas producing.
- ✱ If you eat beans frequently in small amounts, your body will become accustomed to them and you'll reduce any digestive problems.



- ✦ Soak beans before cooking, rinse and drain, add fresh water, and then boil them for two to three minutes. Turn off the heat and let them soak for a few hours. Rinse and drain again, add fresh water, and continue cooking per your recipe. This boiling and soaking releases a large percentage of the indigestible carbohydrate in the beans, making them easier to digest.
- ✦ Pressure-cooking beans also reduces their gas-producing qualities.

Being one who always looks for the positive, I figure that if you are adding to the “wind” or “breeze” in your environment, think of it as a splendid opportunity to spend some quality time alone. And, if you are a live-food cuisine enthusiast, you’ll be happy to learn that the process of sprouting raw beans and lentils reduces their flatulence-factor.



So there you have it. I hope you incorporate some of these foods, spices and herbs, and natural remedies into your new-found healthy lifestyle. If you enjoyed this book, you might also want to get a copy of some of my other books—all available in print and electronic form—including *Invest in Yourself with Exercise, Healthy, Happy & Radiant . . . at Any Age* and *Living on the Lighter Side*. 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 flip of a page or the click of a button.

Visit www.SusanSmithJones.com





Resources

Books by Susan Smith Jones

Living on the Lighter Side

Healthy, Happy & Radiant . . . at Any Age

Wired to Meditate (Audio Book)

Choose to Live Peacefully (Audio Book)

Vegetable Soup/The Fruit Bowl

(Co-authored with Dianne Warren for children ages 1-8)

Body Temple Vitality

Affirming God's Love

Invest in Yourself with Exercise

God-Centered Health

Choose to Thrive

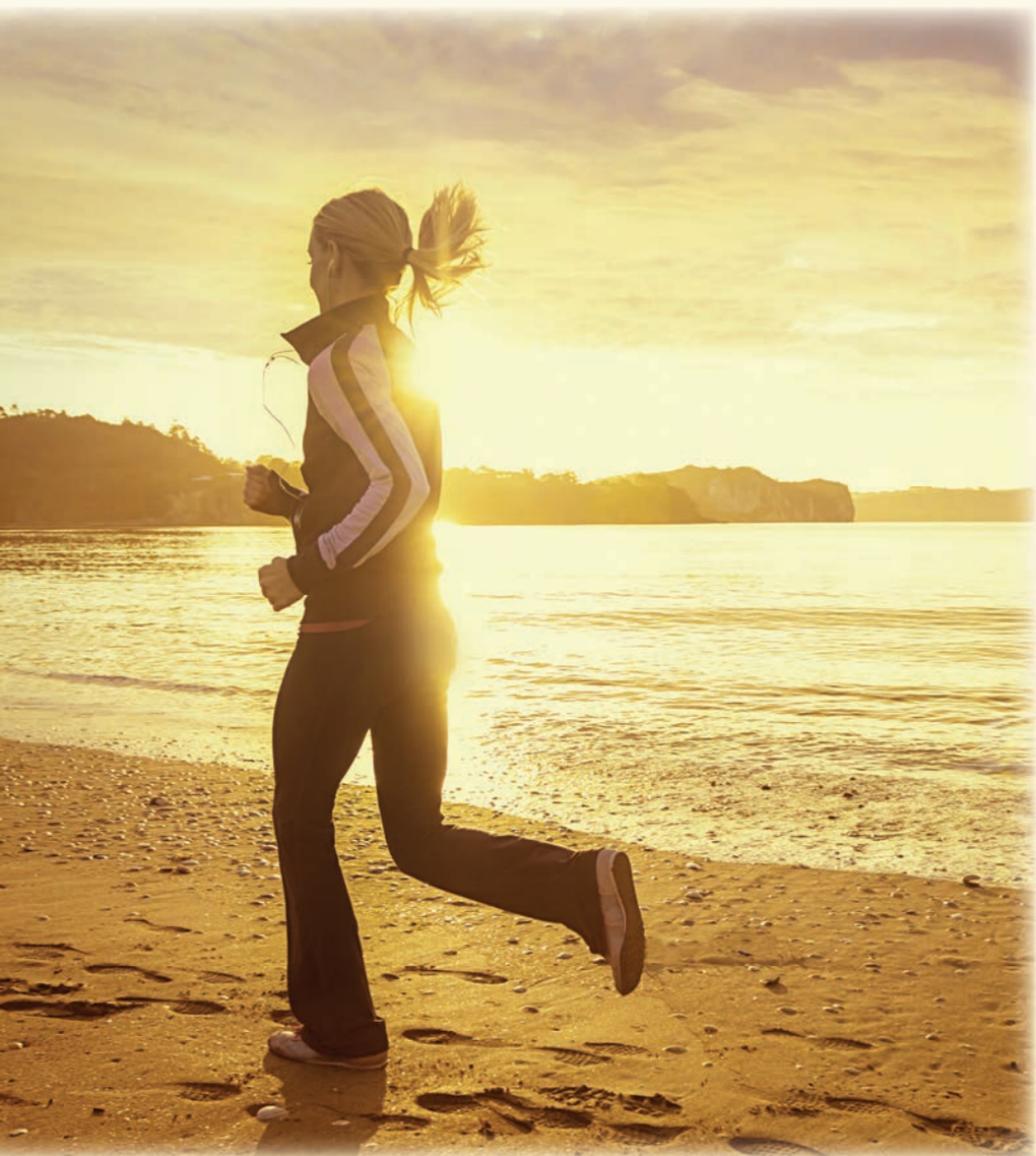
Hello Readers,

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.

*A cheerful heart is good medicine,
but a broken spirit saps a person's strength.*

—PROVERBS 17:22





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 *Choose to Thrive*, *Body Temple Vitality*, *Affirming God's Love*, *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,
or to purchase her other e-books, audio programs,
or her holistic health seminar series, Renew Your Life,
which has a worldwide following, please visit:*

www.SusanSmithJones.com

Holistic health and culinary expert Dr. Susan Smith Jones has created an easy-to-follow wellness program just for you!

A comprehensive food and nutrition resource and step-by-step healthy eating and stress-reduction guide, *The Curative Kitchen & Lifestyle* shows us that vibrant health starts in the kitchen by choosing the most essential healing foods. Many of us make the wrong choices every day by consuming foods that were never intended for our miraculous bodies. Susan shows us how to make the appropriate food and other lifestyle choices to reduce our risks of premature aging, heart disease, common forms of cancer, arthritis, diabetes, and compromised vision and mental functions . . . while losing body fat and lowering stress at the same time.

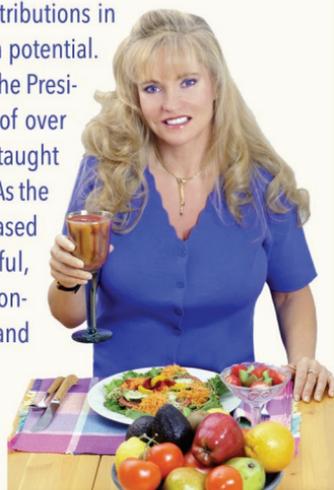
If you wish to:

- Learn which foods will reverse aging and maximize your energy;
- Enhance salubriously your meals, snacks and dining-out repertoire;
- Use colorful foods, herbs and spices as medicine and natural remedies;
- Quell stress, soothe indigestion and assuage other common complaints;
- Reinvigorate your body's immune system and create vibrant health;

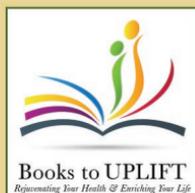
then *The Curative Kitchen & Lifestyle* is your godsend!

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.



Visit: SusanSmithJones.com



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