

Wired for
High-Level
WELLNESS

Simple Ways to Rejuvenate,
Meditate & Prosper

SUSAN SMITH JONES, PHD

Foreword by David Craddock, MA

PRAISE FOR WIRED FOR HIGH-LEVEL WELLNESS

“Only a few people have the courage, vision, and love for humanity to be pioneers. Susan Smith Jones is one of them. Fortunately, where pioneers like her are willing to go, many people can follow more confidently. If your goals are health, happiness, and a meaningful life, *Wired for High-Level Wellness* is for you.”

—BRIAN BOXER WACHLER, MD, BOXER WACHLER VISION INSTITUTE

“Susan’s wonderful and upbeat book, *Wired for High-Level Wellness*, shows us how we can all choose to be vibrantly healthy, happy, balanced, successful, peaceful, and heart-centered. She has taught me about all aspects of well-being, clean living, and how to maintain a healthy body, mind, and spirit in an everyday stressful life. In her book, Susan teaches us to see beauty and vitality in everyday living—even during stressful times—and to realize that age is just a number and we can choose to be youthful well into older age. If you simply want to enrich your experience of living, making your life a great adventure and celebration, then this esteemed book was written just for you. Susan even offers a couple of intermission breaks in the book with very humorous stories that had me laughing out loud. Not only does she provide a plethora of sound and practical health advice to help us all look and feel younger, boost energy, supercharge self-esteem, strengthen the brain, and cultivate an attitude of gratitude, but she also provides some delicious recipes that are easy and fast to get ready for busy people like me who want to eat healthfully and have limited time for meal preparation. I invite you to wake up to the fullness of life and all its potential, read *Wired for High-Level Wellness*, become informed and inspired, and live a healed life.”

—MYRAN THOMAS, LA ESTHETIQUE WELLNESS

“*Wired for High-Level Wellness* is an important book for two reasons. First, it tells you that wellness is a choice. Second, it gives excellent advice on how to attain superb wellness once you’ve made the choice. Reading it will enable you to add to the vitality of the world.”

—FINLEY W. BROWN, JR., MD

“I think everyone wants to be all they can be and live an inspired life. In her upbeat book *Wired for High-Level Wellness*, Susan Smith Jones gives us some valuable choices and easy-to-follow guidelines that can be used as building blocks in our lives that will allow us to be the best we can be. Creating a healthy, happy, peaceful, and balanced life is now well within our grasp, thanks to this empowering book.”

—NANCY S. SCHORT, DDS

“Susan Smith Jones has been a favorite guest of mine on my health radio shows for over 15 years. Her enthusiasm, wealth of knowledge, and sense of humor shine through brightly in all of our radio discussions and my audiences always request her back soon. Even my production and recording team are delighted when she presents her healthy living topics. I first worked with Susan because of her wonderful books and work at UCLA as an expert in fitness and wellness. Susan is highly knowledgeable in holistic health and her books educate the public on how to achieve optimum health. In *Wired for High-Level Wellness*, she offers a beautiful and inspiring guide to living a life that is rooted in hope, faith, vitality, joy, and God’s love. Reading about her Christian lifestyle and how her relationship with God is always at the center of her day-to-day activities will inspire and uplift you. When you read this book, you will feel like Susan is your friend, taking you by the hand and guiding you on your personal path to high-level wellness.”

—KARLA CALUMET, PHD, HEALTH PSYCHOLOGIST

“Regardless of where you have looked for better health and how much ‘dis-ease’ you are experiencing now, you can begin to put it behind you by reading this book . . . and placing yourself on a path to enjoy the life you deserve. In *Wired for High-Level Wellness*, Susan provides practical yet powerful techniques, tips, and delicious recipes to help manage stress, support brain health, bolster immunity, increase self-esteem, restore well-being, and live a more peaceful, happy, and balanced life.”

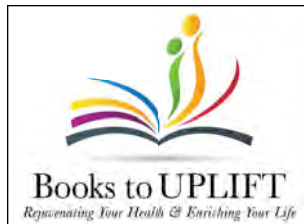
—ANGIE DUNKLING AVERILL, DMD, AND GORDON AVERILL, DMD,
26TH STREET DENTAL

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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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Susan's Favorites

*Take delight in the Lord, and He will
give you the desires of your heart.*

~PSALM 37:4

*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

*As human beings, our job in life is to help people realize
how rare and valuable each one of us really is, that each
of us has something that no one else has—or ever will
have—something inside that is unique to all time.*

~FRED ROGERS

*My child, do not forget my teaching, but keep my
commands in your heart, for they will prolong your life
many years and bring you peace and prosperity.*

~PROVERBS 3:1-2







Foreword

Be yourself—everyone else is already taken.

~OSCAR WILDE

38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

~ROMANS 8:38-39

Once upon a time, there was a sweet baby girl born in Los Angeles the last day of November to happy parents and grandparents. Her childhood was filled with books to read, daily outdoor activity frolicking barefoot on the grass or the sand at the beach in Santa Monica, and family outings around the country with her mom and siblings. Her name was Susan and little did she know at the time, but her career in holistic health and writing was taking root and being fertilized.

In Susan's teen years and twenties, as you will read in the introduction to this book, she faced several serious challenges that further shaped and stimulated her career. These trails taught her deep in her core how essential it is to always put your faith and reliance on God, how with enough faith we can move mountains, why we must always keep hope and determination alive, and how the glorious human body can be healed and revitalized through a consistent healthy living program.

In her teens, Susan's maternal grandmother, Fritzie, who came from Denmark to America through Ellis Island, taught her about the importance of eating foods close to the way nature made them, making fresh juice and green smoothies, growing sprouts in the kitchen, and living a healthy lifestyle. Fritzie also encouraged Susan to get the best education possible (which she did—obtaining several degrees from the University of California, Los Angeles—UCLA) and to hone her speaking skills so she could inspire others with her understanding, wit, and wisdom.

Just as Susan and her mom were very close throughout their lives together, Susan and Fritzie were also devoted to each other's well-being. But it was Fritzie who taught her, starting in her early childhood years, about the wisdom of the Bible—the word of God—and about the teachings of Jesus.

From a very young age, Susan always felt a powerful and comforting relationship with Jesus, as she writes about in the Preface, as she always feels His Presence inside her in her daily life. When other friends had imaginary companions, Susan always had Jesus with her—and it's still the same for her to this day.

Susan's career took off and she fulfilled her mom's and grandmother's dreams for her traveling the world promoting her healthful living books, undertaking keynote addresses, lectures, workshops, and participating in media interviews on television and radio and for newspapers.

That's how I first met Susan, and it was just at the right time because my health was at an all-time low. I was 80 pounds overweight, stressed to the max with work, had irritating allergies for over 30 years, and was told by a doctor that if I didn't start making my health a priority, I would not be long for this world.

I believed that keeping our body temple vibrant and robust was essential, but I did not know where to start. Almost 12 years ago, as providence would have it, God brought this remarkable lady, Susan, to London, England, near where I lived, to give three motivating and life-enriching talks about healthy living that were exactly what I needed to hear. In previous years, I had heard other speakers discuss

a variety of health topics, but no one ever inspired or empowered me like Susan's did.

This kind-to-a-fault, blue-eyed, blond-haired, shining example of God's vibrant health has an uncanny ability to take complex ideas and research and distill them into easy-to-understand, life-changing information and practical guidance. I also appreciate how she weaves into her books and talks her love of God and Jesus. It was no surprise that at the end of all three of her presentations to hundreds of people, Susan got vigorous standing ovations.

When her final talk was over on the last day in late June, I mustered up the courage to ask Susan to meet with me privately in the lecture hall in the hopes that she could help me personally with my many health issues. I reckoned that the worst thing that could happen is that she wouldn't have time to visit with me, but it was worth a try. Lucky for me, she agreed and that first hour-long encounter was one of the richest blessings in my life. Susan was patient, thoughtful, a great listener, attentive to all I was saying, very funny, and ever so perspicacious.

After our visit, Susan invited my mum and me to come to Santa Monica near her home the following December into early January for a private holistic health retreat just for us for two weeks. The transformations my mum and I made in our health and fitness was nothing short of a miracle. If you want to read about the detailed holistic program she put us both on during those memorable fourteen days and our amazing achievements, please refer to the forewords I wrote for her books *Invest in Yourself with Exercise* and *Choose to Thrive*.

Susan's books, website, and work have blessed the lives of millions of people around the globe and probably no one more than me. Her teachings and guidance helped me lose over 80 pounds, healed my annoying allergies, bolstered my energy, made me fit and strong, helped me achieve my career goals, and so much more. Susan even set up a personal gym for me in my home, upgraded my sartorial elegance, and did a makeover of my home's exterior design to spruce it up and improved my garden landscapes in both my front and back yards. Susan is a Renaissance woman and her attitude is that, with God, everything



Introduction

There is a blessing in the air.

~WILLIAM WORDSWORTH

*Do not go where the path may lead. Go instead
where there is no path and leave a trail.*

~RALPH WALDO EMERSON

If you've picked up this book, chances are that you are seeking change in your life—not just a new hairstyle or a fresh wardrobe, but lasting, meaningful, and resounding change for your sense of health and happiness.

You have definitely come to the right place! *Wired for High-Level Wellness* is a compendium of wisdom and practical suggestions that reveal how to create a life of robust self-esteem, vibrant physical health from head-to-toe, powerful prosperity, and a deepened connection with God. I even include green smoothie recipes and a few other delicious, nutritious recipes in Chapter 17. The wisdom and practicable common sense in the book is culled from over 35 years of experience as an educator, consultant, and motivational speaker in the fields of holistic health and human potential. But I haven't just *studied* how to make lasting change in your life—I've lived it since I was a teenager! And, for me, the catalysts of change in my life have often arrived in packages I was not expecting.

We've all heard the clichés: "Change begins with you" or "Change begins with choice." While it's true that authentic transformation comes from within and modifying your life necessitates a deliberate

commitment to new thoughts and behaviors, sometimes the catalysts of change are delivered from external sources. That has definitely been the case in my life. As you embark on your journey of change and upgrading your life, using this book as your companion, I'd like to first share some of my life-altering experiences to offer hope and guidance to light your path, which I shared only briefly in one of my previous books entitled *Kitchen Gardening*.

The Mind/Body/Spirit Connection

When I was barely 17, my father unexpectedly passed away. I was devastated. I had no precedent for this type of deep loss and no skills to cope with it. My way of dealing with the tragedy was by, really, not dealing with it at all. I stuffed all my feelings inside and numbed myself with food—typical teenage temptations of fast-food burgers, pizza, and sugary sweets and pastries galore. Today, I would recognize this binging behavior as a hallmark of depression, but back then I didn't realize what was going on. After a year of managing my grief by eating everything in sight, my health took a nosedive. I developed allergies, asthma, acne, and joint pain, not to mention I had gained a considerable amount of weight.

While I suffered physically, the emotional toll was even greater. Before my father's death, I had been an active and social teenager. Now an overweight high school student with acne, I became the subject of jokes around campus and was bullied by people I thought were my friends. I was rapidly losing any semblance of confidence and self-esteem. My heart was heavy, and I was sinking emotionally. Pain was devouring my will to live. It was not a pretty picture.

Luckily for me, there was another catalyst of change already present in my life: my beloved grandmother, whom I called Fritzie. Like many grandmothers, Fritzie was kind, nurturing, and full of wisdom, but she also possessed a vast wealth of knowledge about holistic health and the human body. When she saw my physical and emotional state a year after my father's passing, she knew immediately that I needed healing from the inside out.

Part 1

**Dream BIG
& Follow Your Heart**





Chapter 1

Living with Purpose & Celebrating Life Along the Way

*A truly good book teaches me better than to read it.
I must soon lay it down, and commence living on its hint.
What I begin by reading, I must finish by acting.*

~HENRY DAVID THOREAU

*As for God, His way is perfect; the word of the Lord is
tried: He is a buckler to all them that trust in Him.*

~2 SAMUEL 22:31

As I travel the world giving talks and doing all kinds of media interviews (radio and TV talk shows, newspapers, and magazines), there are a few questions that seem to come up all the time for me to answer. One of them goes something like this: “Susan, you are such a prolific writer and your books are in multiple languages worldwide. How did you first get interested in writing and what were some of your life-changing experiences that guided you along the way in your chosen career path?”

So in this first chapter of the book, I will share with you how God kept my path brightly lit, starting from a very early age, and always encouraged me to walk in the direction of my dreams. So here we go on my personal journey . . .

Books have always been my friends. Like a single rose that can be my friend and a garden all by itself with fragrance indescribable, a single

book can be my companion and security blanket at any time. My mom, June, and my grandmother, Fritzie, instilled in me the love of books and reading at a very young age. In my childhood bedroom, I devoted a special corner to my own personal library with beautiful books in full color that occupied my days and nights and always kept me company. I put some of my favorite passages from books on beautiful paper, decorating these pages with lots of colors and pizzazz, and then taped them to the ceiling of my bedroom so when I went to sleep, I could look up at the enchanting words.

I never felt alone growing up because reading gave me such joy and comfort and an imagination with no limits. Reading all kinds of books always inspired, enthralled, captivated, motivated, and empowered me. I remember telling my mom more than once that we needed to transform our entire home in a suburb of Los Angeles (yes, I am an LA native) into a beautiful library that everyone could visit often and borrow books. In all of June's love and willingness to keep my dreams and imagination alive, she would often respond with something like this: "Isn't that a great idea, Susie? I like how your mind thinks. Whatever you dream, you can create. And until we can fulfill your dream, let's go to our local library and different bookstores and get you some more books for your own personal library in your bedroom." That response always made me smile for hours.

Variety Is the Spice of Life

Through reading all kinds of books from the classics, to nonfiction and fiction, to travel guides and poetry, I could triumphantly journey in my mind to any place in the world—far and wide—without the slightest bit of limitation or hesitation. Copious reading expanded my imagination, and I learned to visualize the books' characters and put myself into the role of the heroines. Often in parts of fiction books I would read, I'd think about ways I could write it better or change the plot to a more fantastical or exhilarating storyline that worked better for my mindset. This practice came in very handy for me during my countless hours of babysitting, as you'll see below, when I made up stories to recite to the children.



Chapter 2

Setting the Bar High

*Whether you think you can,
or you think you can't—you're right.*

~HENRY FORD

Use hospitality to one another without grudging.

~1 PETER 4:9

Just for a moment, close your eyes, breathe slowly and deeply a few times, and imagine yourself the master of the universe. As master you have the ability to create anything you want, even something that has never existed before. Be adventurous in your thinking, focusing on the result and not just the means, and envision what you most want now.

You have this power within you—it is the birthright and potential of every human being as a child of God. The only possible limitation is your own thought, belief, and imagination. Once you have a clear vision of what you want, then the natural play of universal forces will lead you to the accomplishment of that goal. Don't take your power lightly. Henry Ford knew all about it when he wrote, "Whether you think you can, or you think you can't—you're right." You, and only you, have the ability to create miracles in your mind and life. The choice is always with you. It has nothing to do with luck and everything to do with believing in yourself as a part of God's Divine Force that infuses and permeates everything in the universe. The great rule is this: if you can conceive it in your mind, then it can be brought into the physical world.

It takes boldness to go after your dreams, especially when you are

exploring uncharted territory, but don't give up. When you compromise your dreams and values to live a life that is expected of you, rather than what your heart asks of you, you give away your power and disconnect from your soul.

“It takes a lot of courage to release the familiar and seemingly secure, to embrace the new,” says my friend Alan Cohen, author of *Handle with Prayer*. “But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.”

The world today certainly offers change, and it's easy to regard ability to keep up with the changes, perhaps even to cause changes here and there, as power. But power is drained, not created, by surviving in such a fast-paced world. The intense pace and stress of our daily lives can very easily put our peace, happiness, and health—not to mention our spiritual lives—at risk. When we're caught up in the whirl of today's hectic lifestyle, it's easy to forget the truth of our potential. We have less and less time for our own dreams, and in such circumstances our standards and values tend to deteriorate, leading to low self-esteem. It is when we feel that kind of inner emptiness that we are most tempted by any “quick fix” that comes along.

Life is hard, and learning to live with sacredness takes more time, but the fact is, we can slow things down. We can face our own challenges, however large or small, with aplomb and equanimity, on our own terms. We can choose to experience aliveness and become masters of our lives when we work closely with God. My hope is that this book will point the way to help you live your best life.

In the 1960s, psychologist Abraham Maslow wrote his famous *Toward a Psychology of Being*, which helped to change the entire emphasis of psychology. He chose to study high-functioning people—those living their highest potential—rather than people with problems, as was usually the case in psychology. Maslow developed a “psychology of being,” which meant not striving but arriving, not trying to get someplace but living fully. Among all his high-functioning subjects, he found a common denominator. They all had a vision and were committed to

it. They were self-motivated and believed they had the power to master life. That's one of the beliefs we will be working on throughout this book.

Do you believe you have the power to master life?

If It's to Be, It's Up to Me

Self-mastery begins with a complete and honest inventory of our lives. As Socrates so famously said, "The unexamined life is not worth living." Mastery involves taking responsibility for ourselves and what we've created, rather than blaming other people and circumstances for our lot in life. Blame is a convenient way of explaining why our life is not exactly what we would like it to be. The next time you start to blame another person or outside circumstances for how you feel or what you are experiencing, stop, check yourself, and remember: What you feel is up to you. Our feelings are governed by our mind. We can't think one thing and feel something else. Feelings and experiences always correspond to thoughts. If you are to become master of your life and live your highest potential, the habit of blaming others or circumstances has to stop. Setbacks and obstacles are only tests.

Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove the will of God, what is good and acceptable and perfect.

~ROMANS 12:2

Mastery involves being self-disciplined and courageous, moving through fear, recognizing our inherent Divine Power, and using it to bring our vision to life. Millions of masters-in-the-making, like you and me, are awakening to the concepts of self-responsibility and choice. The proof is in the success of teachers such as Joel and Victoria Osteen, Joyce Meyer, and others who help people bring spirituality and wholeness into everyday life. Once introduced to these empowering ideas, people give up being victims in favor of being masters. Self-mastery means becoming the heroes of our own lives.



Chapter 3

Keeping Your Brain Sharp & Healthy

*Be of good comfort, be of one mind, live in peace;
and the God of love and peace shall be with you.*

~2 CORINTHIANS 13:11

*This is my simple religion. There is no need for temples;
no need for complicated philosophy. Our own brain,
our own heart is our temple; the philosophy is kindness.*

~DALAI LAMA

People often joke about getting older and forgetful, but it's not a laughing matter. A hit-or-miss memory and issues such as brain fog can really put you off your game, and as usual, oxidative stress is the culprit.

When we are young, our brain and mind are sharp and focused and our memory is keen. As we get older, however, we assume that we will start becoming forgetful, have a hard time finding the right words to express, and lose our personal belongings somewhere in our home. We presume that brain fog will be our “new normal” as we get up in years, and many of us have seen this happen with loved ones and friends. But it doesn't have to be that way. You can be as mentally clear and perceptive in your seventies and beyond as you were in your forties and fifties, and this chapter will cover some of my tips for brain vitality.

What Is Brain Fog?

Brain fog, also commonly known as brain fatigue, mental fog, and clouding of consciousness, can be a mild to severe episode of mental confusion that can strike without warning. When this occurs, it is common to experience a lack of focus, poor memory recall, and reduced mental acuity. If the underlying causes of the brain fog are not addressed, then the condition can continue to occur to the point that it can negatively affect one's professional and personal life.

Common Causes of Brain Fog

Brain fog and fatigue can be caused by a range of factors. In all cases, getting to the heart of what causes the brain fog is the key to overcoming this debilitating condition. Common causes of brain fatigue include:

- ❖ **TOXIC BODY:** Brain fog is one of the first indicators of a toxic body. Year-round, keep your body detoxified (on the alkaline side instead of being more acidic) by supporting the organs of elimination, including the skin, lungs, kidneys, and bowel. For thorough, effective, whole-body detoxification, the most valuable program is to combine the Transcend Infrared Sauna and Ionizer Plus Alkaline Water—both described in detail on my website SusanSmithJones.com
- ❖ **LACK OF SLEEP:** The brain needs sleep to recuperate. So when sleep is regularly interrupted, or when one suffers from a sleep disorder, he or she is more likely to experience brain fog in the morning upon waking. For some, a simple cup of coffee is enough to clear away the fog (freshly made alkaline water with lemon works for me by itself and in any recipe requiring water), but for those who suffer from serious sleep deprivation, the fog can stay for quite some time.
- ❖ **NEUROLOGICAL DISORDERS:** Certain neurological disorders have brain fog as side effects of the condition. These include fibromyalgia, lupus, chronic fatigue syndrome, and multiple sclerosis.



Chapter 4

Choosing Foods for Brain Vitality

Books, the children of the brain.

~JONATHAN SWIFT

*The brain is a wonderful organ; it starts working
the moment you get up in the morning and does
not stop until you get into the office.*

~ROBERT FROST

While we might not be able to be in control of all aspects concerning our personal brain health since genetics are involved, we can certainly choose which foods to eat and which to eschew to help maximize our brains' abilities well into old age. It's been well established, also, in recent decades that the brain and gut are related, the gut often being referred to as a "second brain" or a second nervous system. Although it's not the same as the brain in that it doesn't "think," it does have 100 billion neurons, and, therefore, like the brain, determines our mood. So it's not just our physical health that foods affect but our mental and emotional health as well. Here are some of the foods to avoid and some to include in your diet to support high-level brain function.

Foods to Avoid

GLUTEN: Gluten is not a food but a composite of proteins found in wheat, grains, barley, and corn. Gluten is no stranger to controversy, and its declining reputation over the last decade or so is for good reason.

Wheat is an ancient food and a dietary staple of many cultures. But our modern iteration is a different version of the food that sustained our ancestors. This is due to modern milling practices, genetic modification, and the added sugar. Today, the number of people diagnosed with celiac disease is four times higher than it was just fifty years ago. And more people than ever are suffering gluten sensitivity. It's pretty clear that food conglomerates, in the name of efficiency and cutting costs, have corrupted what was once a primary food source.

So no, it's no secret anymore that gluten is the culprit in many unhappy digestive tracts, but gluten is also associated with many mental disorders, including anxiety, depression, emotional disorders, and even schizophrenia. In some studies, doctors treating schizophrenics alleviated symptoms by eliminating gluten in patients' diets. The same is true for patients with depression, anxiety, and manic depressive disorders. What's interesting is that the study's patients did not necessarily suffer from celiac disease. Researchers hypothesize that gluten is a virulent property, and when eliminated from the diet, mental health issues can be mitigated. This is promising news for many suffering from organic brain disorders and chemical imbalances.

DAIRY: Inflammation is the underlying cause of many physical disorders and diseases, but it is also the underlying cause of many emotional disorders as well, and casein is quite well known for its relationship to inflammation. In dairy's case, the culprit is casein. This is the protein found in milk and it has, like gluten, been similarly linked to schizophrenia, bipolar disorder, depression, and even psychosis. But even if it doesn't lead to a severe emotional disorder, it still may be impacting your mood, as it's been linked to anger, aggression, and irritability. Studies seem to be also indicating a link to autism. And autism-related aggression is often reduced when dairy is eliminated from the diet of sufferers. And diets high in dairy sometimes create bipolar-related behaviors in those without bipolar disorder. Anecdotally, I have observed many friends' and clients' lives transform after I've advised them to eliminate dairy (and gluten) to improve their moods and emotional disorders.



Chapter 5

Cleansing & Detoxifying Head-to-Toe

*The doctor of the future will no longer treat
the human frame with drugs, but rather will
cure and prevent disease with nutrition.*

~THOMAS EDISON

*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

We are not separate from our environment. As our environment becomes increasingly polluted, the toxic burden on our bodies increases as well. Heavy metals, pesticides, and other toxins can interfere with our hormones, affect our gut health, and accumulate in our bodies, leading to health problems like allergies, autoimmune disease, cancer, obesity, and more.

Supporting our detoxification systems, like our liver and digestion, is essential to health optimization and disease prevention. Eating organic foods, testing for heavy metals, and incorporating targeted supplements and therapies, like molecular hydrogen, alkaline water, and infrared saunas, are powerful ways to reduce toxic exposure and boost the body's ability to eliminate these harmful substances. So are you ready to bolster your body's detoxification and rejuvenation systems?

Anytime of the year is a perfect time of year to embark on a detox/cleanse program. In case you're not aware, there is an epidemic sweeping America and the UK that I refer to as "internal toxic pollution." Many people suffer from chronic disease and loss of health not only as a direct result of unhealthy conditions environmentally, but internally as well—within the human body. We often think of health as the absence of disease. But is this truly health? Are we healthy one day and then all of a sudden sick the next? There's a plethora of evidence that demonstrates to us that health or sickness is a process that develops over a period of time (often years) and is based at the cellular level.

Our bodies are made of over 70 trillion cells. Cells of the same ilk join together to form organs, tissue, bones, blood, etc. Each cell is constantly in the process of dying and being replaced. Each cell receives nutrition and expels waste and toxins, which must be eliminated from the body in a timely manner. When the cells are deficient in nutrients or are overpowered with toxins and waste, cellular malfunction begins and thus the slow decline in the level of health until one day a disease state is recognized by the manifestation of symptoms.

There are thousands of toxic chemicals all around us. There are pesticides in our foods, chemicals in our water, and pollutants in the air we breathe. Even common cosmetics are full of chemicals. We drink, eat, breathe, and live in a soup of toxic chemicals. One of the greatest health secrets is that you have control over the pollution in your body. If you keep a balanced and clean internal environment, you won't succumb to the toxic buildup so prevalent in most people's bodies. *Those who cleanse regularly look and feel younger, are much healthier, and live a longer life than those who ignore the need to internally cleanse.*

Are You Toxic?

The following are some of the possible symptoms of toxic buildup in the body: constipation; chronic yeast infections; brittle hand and toe nails; frequent colds; weight gain or difficulty in losing weight; acne, dry or pale skin; mood swings or depression; low sex drive; lack of concentration; feckless short-term memory; sleeping problems; frequent



Chapter 6

Supporting a Healthy Mouth with Oil Pulling

The life given us by nature is short, but the memory of a well-spent life is eternal.

~CICERO

It is not doing the thing we like to do, but liking the thing we have to do that makes life blessed.

~GOETHE

Acupuncture, aromatherapy, and pressure point massage: these are all natural Eastern-based healing modalities that you may have not only heard about but perhaps even have had some experience with these therapies. These, as well as many other ancient practices, have become more mainstream in Western society in recent years, mostly because, as you're most likely well aware, Americans are looking for alternatives to the doctors beholden to big pharma and their endless cycle of prescription meds, which often come with side effects as detrimental as the original malady. Not only that, but the ubiquity of information, accessible thanks to the internet, is helping to empower us to take our health into our own hands, enabling these ancient practices to finally make their long overdue comebacks.

Yet for all of our savvy these days, there are still many other ancient practices with which we may not yet be familiar. One of those is likely oil pulling. That's right, oil pulling. Although this may conjure up an image of cowboy hats and Dallas-style ranches, that locale couldn't be

further from where this practice originated. Oil pulling is from the Ayurvedic tradition, the holistic medical practice, which began between 3,000 and 5,000 years ago in India and which has recently become popular here in the West with those of us seeking more natural remedies for serious diseases and illnesses, as well as for prevention. A quick Google search of oil pulling will yield hundreds of articles, yet somehow it has managed to stay under the radar in comparison to things like acupuncture, homeopathy, and others of the same ilk.

This is the practice you didn't know you were missing, but soon will wonder how you ever lived without it. For the initiated and uninitiated, here is a guide on what you need to know to get started with this at once ancient and trending practice.

Before we get into this topic, you might be interested in the webinar I presented entitled *ORAL CARE: Healthy Mouth – Healthy Body* (hosted by Hallelujah Diet), which I posted on my website. Simply put the words “Oral Care” in the search bar, and you'll find this informative, enlightening, and eye-opening presentation.


Here's a brief description of the webinar: Vibrant health really starts in the mouth! How you care for your teeth, gums, and tongue has a direct impact on your overall health. While a beautiful smile and fresh breath are often our main pursuits, this webinar extends our focus to include the gums, plaque, and more. Topics I discuss include how to keep your mouth healthy and pain-free; cavities; fillings, crowns and implants; oral irrigation; toothpaste and mouthwash; halitosis; how periodontal disease can be passed through kissing; teeth grinding; reasons to avoid sugar; jaw pain; nutritional supplements for strong choppers; motives for whitening and straightening teeth; and much more! You'll be inspired and motivated by what you learn and will be empowered to start taking better care of your oral hygiene. Get ready to be dazzled by the wealth of information!

Why Oil Pulling?

The list of benefits is quite remarkable when you consider how simple it is to oil pull. Among other advantages, oil pulling supports migraine

Intermission

Humor Time, Part 1

A detailed illustration of a yellow flower with green leaves and a stem, positioned next to an orange butterfly with black markings on its wings.

Everybody loves to laugh. In fact, did you know that laughter is very good for you? It was Norman Cousins who said, “Laughter is a form of internal jogging.” Humor and laughter have both been found to be important components of healing. It’s been reported that laughter aids digestion, stimulates the heart, strengthens muscles, activates the brain’s creative function, and keeps you alert. Laughter also helps you to keep things in better perspective. So make up your mind to laugh and to be happy. When you laugh at yourself, you take yourself far less seriously. “Angels fly because they take themselves lightly,” says an old Scottish proverb. Isn’t that wonderful?

I simply love to laugh and am known to be a practical joker! My mother, June, called laughter “the body’s elixir” or natural rejuvenator. It is an essential ingredient to daily living and something I use to fuel my spirituality. Because of my positive, easygoing, “lighten up” approach to life, I have acquired the nickname “Sunny” because I am often reminding others to not take life so seriously.

So here is a funny story that might bring you a good laugh, too. Enjoy!





Chapter 7

Meditating through the Ages & World

Instead of concentrating on your problems and getting discouraged, focus on God and meditate on His promises for you. You may have fallen down, but you don't have to stay down. God is ready, willing, and able to pick you up.

~JOYCE MEYER

At the center of the Universe is a loving heart that continues to beat and that wants the best for every person. Anything that we can do to help foster the intellect and spirit and emotional growth of our fellow human beings, that is our job. Those of us who have this particular vision must continue against all odds. Life is for service.

~FRED ROGERS

About 20 years ago, I was on a flight to give talks at three Christian churches, a Fortune 500 company, and two women's groups. It just so happened that I was carrying with me a magazine in which there was an interview I had given and which featured me on the cover. I was reading the interview I had given for the first time when a seemingly kind and pleasant gentleman sat down next to me and introduced himself. When he glanced over at the magazine I was reading, he seemed delighted to see that I was the subject of the interview and exclaimed, "How lucky I am to be sitting next to a celebrity." I explained that I was not a celebrity but told him that I was just reading the interview

I had given three months prior in a three-hour sit-down and photoshoot.

When he asked if he could read it after I finished, I agreed since I was quite proud of the comprehensive and positive content of the interview. One of the questions the interviewer had asked of me was about how I stayed connected and engaged when life got stressful. I discussed the importance of sleep and exercise as well as meditation. Specifically I said, “It’s a simple, cost-free, and effective way to quiet my mind by closing my eyes and breathing slowly and deeply. Focusing on my breath is an easy way to shut out the chaos of the world for a few moments of joyful quiet stillness. And for me, I turn within to connect with the peace and love of God that is a guiding light in my life.” Then I mentioned a couple more things about how meditation has helped me stay strong, collected, and peaceful over the decades and how I had taught workshops worldwide on this subject and even made house calls to teach families and individuals how to meditate.

When my fellow passenger finished reading, he suddenly called to the flight attendant to ask for a new seat. I was astonished, to say the least, but kept very quiet. When the flight attendant asked him what the issue was he replied, “The issue is that this lady sitting next to me is evil and related to the devil because she meditates and it’s against my religion to associate with or talk to any crazy person who practices devil worship.”

Well needless to say, I was dumbfounded. As a health practitioner, writer, and speaker, my focus has never been anything but promoting well-being and positivity; his words were ones I’d never heard ascribed to me and certainly never anticipated ever hearing. If the gentleman had remained next to me, I would have taken the opportunity to explain to him that meditation is scientifically proven to alleviate the symptoms of many physical and mental issues and even to slow down the aging process. We could have also discussed the fact that meditation has not historically been at odds with Christianity, and in fact, there are specific philosophies about and ways to practice Christian meditation. But, unfortunately, he had been indoctrinated to believe that meditation is a heretical act.



Chapter 8

Fostering a Soul-Satisfying Life with Meditation

Spending time with God is the key to our strength and success in all areas of life. Be sure that you never try to work God into your schedule, but always work your schedule around Him.

~JOYCE MEYER

*To see the world in a grain of sand,
And heaven in a wild flower,
Hold infinity in the palm of your hand,
and eternity in an hour.*

~WILLIAM BLAKE

As mentioned in the previous chapter, meditation is an ancient art that goes back long before recorded history. And here's a tad more history and science to help you lean more in the direction of meditation in your daily life.

Stone seals dating back to at least 5,000 BC have been found in the Indus Valley of India, showing people seated in various yoga postures. For all these millennia, meditation has survived as a vital science of living. This is not because meditation is esoteric or exotic or exclusively for monks and yogis, but because anybody can do it, and the benefits are perfectly clear to anybody who observes them.

Only during the past four decades, however, has scientific study focused on the clinical effects of meditation on health. The August 4,

2003, cover story of *Time* by Joel Stein was titled “The Science of Meditation” with the caption: “New Age mumbo jumbo? Not for millions of Americans who meditate for health and well-being.” Scientists study it; doctors recommend it; millions of Americans and Britons—many of whom don’t even own crystals—practice it daily. Why? Because meditation works! In fact, scientists have now developed tools sophisticated enough to see what goes on in your brain when you engage in a consistent meditation program.

In a nutshell: One study found that after training in meditation for eight weeks, subjects showed a pronounced change in brain-wave patterns, shifting from the beta waves of aroused, conscious thought to the alpha and theta waves that dominate the brain during period of deep relaxation. Sound intriguing? Read on.

Meditation is so thoroughly effective in reducing stress and tension, for example, that in 1984 the National Institutes of Health (NIH) recommended meditation over prescription drugs as the first treatment for mild hypertension. The late Dr. Hans Selye, a pioneering Canadian stress researcher, described two types of stress: negative stress and positive stress. The difference between the two depends upon whether or not we feel in control of the stress. Meditation, by making us more aware of our reactions to stress, can lead us toward an increased internal sense of control.

Health Benefits of Meditation

Dr. R. Keith Wallace at the University of California, Los Angeles, conducted the first research on the physiology of meditation. Studying Transcendental Meditation, Wallace found that during meditation the body arrives at a state of profound rest while the brain and mind become more alert, indicating a state of “restful alertness.” Studies showed that after meditation, people exhibit faster reactions, greater creativity, and broader comprehension. Dr. Herbert Benson, formerly of the Mind-Body Medical Institute at Harvard University (MBMI), determined that meditation practice can bring about a healthy state of relaxation by causing a generalized reduction in physiological and biochemical stress



Chapter 9

Opening Up to Abundance & Blessings

*It's God's will for you to live in prosperity instead of poverty.
It's God's will for you to pay your bills and not be in debt.*

~JOEL OSTEEN

*If the human race wishes to have a prolonged and indefinite
period of material prosperity, they have only got to behave
in a peaceful and helpful way toward one another.*

~WINSTON CHURCHILL

One of the workshops and lectures I offer around the world is titled “Choose to Be Prosperous.” In these presentations, I cover the topics of creating high-level wellness, attracting abundance and prosperity, and living with calm self-assurance, among many other subjects. On a number of occasions, I invited David Craddock to be a guest speaker at my workshops to talk about “Investment Matters” and cover topics such as saving money, clearing up debt, teaching children about money, finding the best investment manager, preparing for retirement or college, what are the best and worst kinds of investments, how to invest wisely, and much more. David also knows how to make financial and investment principles very practical so that the workshop participants can use this valuable information in their lives immediately, and create more abundant and prosperous lifestyles beginning that same day.

So in this chapter, I will briefly cover some of the practical tips I offer in my prosperity workshops on how to thrive and get more into

the vibration of wealth and vitality rather than lowering yourself to the vibration of “brokenness” and dis-ease.

The Vibration of Wealth & Life

First, let’s clarify what I mean when I say the word *vibration*. This is not a New Age term; rather it has to do with physics. While I am not an expert in physics, over the last 20 years, I have read my fair share of physics books and am fascinated by the topic. Put simply, physics is the scientific study of matter and energy and how they interact with each other. This energy can take the form of motion, lights, electricity, radiation, gravity, and vibration—just about anything. Physics deals with matter on scales ranging from subatomic particles (i.e., the particles that make up the atom and the particles that make up *those* particles) to stars and even entire galaxies.

Every living thing is acting in a way that is fundamentally driven by the particles of which it is composed. You’ve probably heard the term *quantum physics*. In physics, quantum has to do with the quantity of energy proportional in magnitude to the frequency of the radiation it represents. (That’s a mouthful and an interesting sentence to bring up at the next boring party you attend!) Quantum physics is the physics that governs the domain of the very, very small. Our brains have evolved to understand objects (from the size of ants to marine mammals as big as whales) going at medium speeds. When things go very fast or are very small, our minds don’t comprehend this very well.

Science uses models to describe reality. One model of light is that it is a wave, sort of like a water wave. Another model is that it is a particle. Wave particle duality doesn’t just exist for light. It’s also true of atoms, electrons, and other particles. What I like to say in my workshops to make it all more understandable is that everything, down to the simplest level of existence, is light and movement and actually not solid. The chair you sit on, the bed you sleep on, and even your entire body, down to the simplest level is not really solid at all; it’s a wave of energy and vibration, oscillations.

Take food, for example. Foods have different levels of vibration. Organic fruits and vegetables (sun foods) have a higher level of vibration

Chapter 10

Inviting Your Inner Child to Play & Help Orchestrate Your Day



*Cannot we let people be themselves,
and enjoy life in their own way?*

~RALPH WALDO EMERSON

*The most wasted day of all is that
on which we have not laughed.*

~SÉBASTIEN NICOLAS DE CHAMFORT

When we are anchored in God, no matter what comes our way, we can remain positive and look for the good in everything. Easier said than done, right? Attitude makes all the difference. A positive attitude doesn't just happen by itself; we must cultivate it. William James, the noted philosopher, put it beautifully when he said that the greatest discovery of our generation is that a human being can alter his life by altering his attitude.

Indeed, situations will arise in our lives that may seem unpleasant or difficult, but a positive attitude sees problems as opportunities for growth. I believe that nothing happens in life that does not afford us the opportunity to deepen our understanding of and appreciation for life.

With your new positive attitude, you will come to understand that it is not the times, complications of society, or other people that cause problems. It is only your inability to cope. Whatever is going on with

you at the moment, choose to make it okay. Give up the fear of making mistakes and the need for approval from others. Be yourself. I see so many people living according to how others expect them to be. This just leads to unhappiness. Live more from inner guidance, from God's whispering inside you. Understand that there is no absolute way to happiness. Rather, happiness is the way.

A negative attitude acts like an insulator that inhibits the flow of creative energy. Criticism, gossip, anger, fear, envy, suspicion, jealousy, worry, hate, doubt, laziness, anxiety, guilt, and shame are all forms of negative thinking. Watch your thoughts. Make them obey you. Train your mind to think constructively and positively at all times. A joyful, thankful attitude will carry you a long way toward the goal of bringing into your life the health, happiness, and peace that you desire and deserve.

It's been my experience that if you laugh and smile more, your attitude will tilt toward the positive. And if, by chance, you feel you don't have any reason to smile, let me give you four: It firms your facial muscles; it makes you feel better; it makes people wonder what you've been up to; and it is the shortest distance between two people.

And here's a fifth reason from Mother Teresa: "A smile is the beginning of peace."

Young children are my greatest teachers on how we can all enjoy and celebrate life. They laugh, tell jokes, play, sing, dance, move, and live in their own magical world.

Humor and laughter have both been found to be important components of healing and being radiantly healthy. William Fry of Stanford University has reported that laughter aids digestion, stimulates the heart, strengthens muscles, activates the brain's creative function, and keeps you alert. So make up your mind to laugh and be happy. As Abraham Lincoln said, "Most folks are about as happy as they make up their minds to be."

Laughter also helps you to keep your life in better perspective. When you laugh at yourself, you learn to take yourself far less seriously. "Angels fly because they take themselves lightly," says an old Scottish



Chapter 11

Cultivating Courage in Everything

Life is either a daring adventure—or nothing.

~HELEN KELLER

Live your life while you have it. Life is a splendid gift.

~FLORENCE NIGHTINGALE

It takes daring just to live, but it takes courage to live your vision. Is it possible to be in touch with your true courageousness without being in touch with your Divinity? I don't think so. We can soar to the top of the mountain and beyond when we know that the courage we want is part of us; it's our trust in Love, our trust in God. Trust in the Divine Loving Presence will destroy the fear that stifles our efforts.

Fear is our misperception of the situation. It's looking through our human eyes and mind rather than the eyes of the heart of God. When we face our fears, acting from the awareness that we are one with Spirit, we learn and nurture courage. Goethe said, "Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it." When we face our fears head-on, they begin to evaporate. When we embrace what scares us, we find that we are endowed with a level of courage that we never knew existed. Every day we have so many opportunities to act courageously. Committing to a new, upgraded healthy living program takes courage. Putting forth new and fresh ideas on paper each day takes courage. Getting up each morning to face the day as a willing and enthusiastic participant takes courage. Become

enthusiastic about your life. Muster up the courage to live your life with gusto. It was Thomas Edison who said, “When a man dies, if he can pass enthusiasm along to his children, he has left them an estate of incalculable value.”

Let courage be the shield that protects you. Let courage direct your spirit’s light to shine on your path and give you strength to live your vision, to dare to risk, and go after your dreams. In the end, most people don’t regret the things they do. They regret what they failed to do.

With so much negativity in the media and around the world these days, it takes courage to see the good and the positive. As you’ve probably read earlier in the book, I acquired the nickname “Sunny” because I always had a sunny disposition and, like Pollyanna, chose to look naïve, but I knew better. I saw the negative but chose to look beyond it, with the eyes of my heart.

Why do you defend your limitations? Why do you let fear paralyze you? You can choose differently. Instead, let God-Spirit (Light and Love) be your guide, with courage at the reins. Courage is going after the things you believe in even though they seem impossible.

Writer Louisa May Alcott, in her brilliant book *Little Women* (and the superb movie adaptation of the same name I saw in 2020), writes about how Jo March and her three sisters are determined to live life on their own terms during a time in our history when girls and women were not afforded the same opportunities as men and were encouraged to stay in the background of life and let men take the reins. I encourage you to read this book or enjoy the movie, especially if you are female. It’s an inspiring story of living with courage and mettle.

My mom taught me to be courageous by being a shining example to me. She gave me the courage to believe I could do things I only dreamed of. She would never allow me to defend my limitations.

What is courage to you? To me, courage is moving through uncertainty. Courage is changing when that’s the hardest thing in the world to do. Courage is being responsible for what you’ve created in your life and relinquishing blame. It’s trusting in God when you want to be in charge. It’s making difficult choices when, in this fast-paced,



Chapter 12

Embracing Silence & Solitude to Enhance Each Day

*May the Lord silence all flattering lips
and every boastful tongue.*

~PSALM 12:3

Well-timed silence hath more eloquence than speech.

~MARTIN FARQUHAR TUPPER

Noise seems to be part of our everyday lives—from the alarm clock in the morning, to the traffic outside, to the never-ending sounds of voices, radio, television, smart phones and tablets. Our bodies and minds appear to acclimate to these outside intrusions. Or do they?

Over two decades ago, the Committee on Environmental Quality of the Federal Council for Science and Technology found that “growing numbers of researchers fear the dangerous and hazardous effects of intense noise on human health are seriously underestimated.” Similarly, the late Vice President Nelson Rockefeller, when writing about the environmental crisis of our time, noted that when people are fully aware of the damage noise can inflict on man, “Peace and quiet will surely rank along with clean skies and pure waters as top priorities for our generation.”

More recent studies suggest that we pay a price for adapting to noise: higher blood pressure, heart rate, and adrenaline secretion; heightened aggression; impaired resistance to disease; a sense of helplessness.

Studies indicate that when we can control noise, its effects are much less damaging.

I haven't been able to find many studies on the effects of quiet in repairing the stress of noise, but I know intuitively that most of us love quiet and need it desperately. Even when I go to see a movie in a theater, I wear earplugs to help turn down the volume of the soundtrack, which is much higher in decibels than my ears appreciate. We are so used to noise in our lives that silence can sometimes feel awkward and unsettling. On vacation, for instance, when quiet prevails, we may have trouble sleeping. But choosing times of silence can enrich the quality of our lives tremendously. If you find yourself overworked, stressed out, irritated, or tense, rather than heading for a coffee or snack break, maybe all you need is a silence break.

Everyone at some time has experienced the feeling of being overwhelmed by life. Everyone, too, has felt the need to escape, to find a quiet, secluded place to experience the peace of Spirit, the tranquility of God, to be alone with quiet thoughts. Creating times of silence in our life takes commitment and discipline. Most of the time, periods of silence must be scheduled into your day's activities or you'll never have any.

Maybe you can carve out times of silence while at home where you can be without radio, television, telephones, or voices. If you live in a family, maybe the best quiet time for you is early in the morning before others arise. In that silence, you can become more aware, more sensitive to your surroundings, and feel more in touch with the wholeness of life.

From quiet time or silence, you recognize the importance of solitude. Silence and solitude go hand in hand. In silence and solitude, you reconnect with the loving presence of God within you and all around you. Solitude helps to clear your channels, fosters peace, and brings spiritual lucidity. When you retreat from the outside world to go within, you can be at the very center of your being and reacquaint yourself with your spiritual nature—the essence of your being and all life.

Outside noise tends to drown out the inner life—the music of the soul. Only in silence and solitude can we go within and nurture our spiritual lives. Within each of us there is a silence waiting to be



Chapter 13

Seeing the World through Sparkling Clear Eyes

*You can't depend on your eyes
when your imagination is out of focus.*

~MARK TWAIN

*Could a greater miracle take place than for us to
look through each other's eyes for an instant.*

~HENRY DAVID THOREAU

My wonderful mother, June, used to say the following to me: “Sometimes the eyes can say more than the mouth.” How true that is! When you smile from the heart, your eyes sparkle and, as the saying goes, the eyes are the windows to the soul.

Through the yearlong process of writing this book, it was uncanny to me how many people with whom I came in contact around the country and world were having issues with their eyes and asked me for guidance on how to improve their vision. More than any other eye issue, many of my friends and clients were dealing with cataracts, which blur vision and can make it difficult to live a normal life. In fact, I met a few people who were diagnosed with cataracts in one or both eyes and were so afraid to have the cataract removal surgery that they opted, instead, to downgrade their lives and live more housebound because they couldn't drive anymore. With the advancements in cataract surgery, and with it usually being covered by insurance, I always suggest to others to go for the surgery so you can see clearly again.

Here's one of the many secrets to success: "Teach what you know." And as providence would have it, I learned in 2019 that I, too, had cataracts, so I made it my mission to learn everything I could about what causes them, how to prevent them, and the entire process of having them removed through eye surgery.

So in this chapter, if you are dealing with cataracts or know anyone who needs the cataract removal surgery, I will share my entire experience of having them removed and the glory of being able to see clearly again. There's no reason to be afraid of having cataracts removed if you have an outstanding ophthalmologist with a strong track record of performing these surgeries. So here's my story to, hopefully, give you guidance, let you know what to discuss with your own doctor, and to support you on your journey to see our beautiful world with greater focus and clarity.

*He who can no longer pause to wonder and stand rapt
in awe, is as good as dead; his eyes are closed.*

~ALBERT EINSTEIN

There was a knock at my front door and when I opened it, I saw tears in my neighbor's eyes and I thought, *What could possibly cause her to be so sad?* I invited her inside and we sat down at my kitchen table for a cup of hot tea together. Gloria had been away on a three-month business trip and noticed during the trip that her vision seemed to be getting cloudier. She described it as though she was looking through a dusty glass. So she decided to see an eye doctor for an exam the day before she traveled home. "He told me I have cataracts in both of my eyes and he recommended removing the cataracts with eye surgery," she said to me with trepidation. Gloria went on to say that she always had very sensitive eyes and the thought of a doctor going inside her eyes during surgery to remove each lens and replace it with a new lens was daunting to her and she was afraid to even move forward.

Intermission

Humor Time, Part 2



THE BUTTERFLY & STUD

Mr. and Mrs. Adams met their demise in a common accident and proceeded to Heaven together. St. Peter met them at the pearly gates and told them they had arrived at a very fortunate time, as it was Bargain Day and they would be allowed to return to earth for 48 hours and do or be anything they wanted.

“Really?” exclaimed Mrs. Adams. “Can we really be anything we want?”

“Absolutely,” answered St. Peter. “Just name it and your wish will be granted.”

“Oh, St. Peter,” said Mrs. Adams, “all my life I’ve wanted to be a butterfly. May I really be a butterfly for 48 hours?”

“Certainly,” said St. Peter. “Go and have a wonderful time,” and off she went.

Then Mr. Adams said, “St. Peter, all my life I’ve wanted to be a stud. May I really be a stud for 48 hours?”

“You may, indeed,” answered St. Peter. “Go, and enjoy!”

A little before the 48-hour period ended, Mrs. Adams returned and said to St. Peter, “I had a perfectly delightful day. I visited one orchard after another, smelled the roses and flowers blooming in the gardens, and even tasted honey from a honeysuckle. It was lovely and I had a fabulous time. Thank you so much, St. Peter, I’ll never forget it.”

“Welcome to heaven,” St. Peter replied. And Mrs. Adams proceeded through the pearly gates.

A little while later she returned and asked, “St. Peter, where is my husband? I’ve looked all over Heaven and I can’t find him. Do you know where he is?”



Chapter 14

Filling Your Rewarding Life with Vim & Verve

*Everyone is born a genius,
but the process of living de-geniuses them.*

~BUCKMINSTER FULLER

It is not that I am so smart. But I stay with the questions longer.

~ALBERT EINSTEIN

Each of us faces tremendous challenges every day. As we get up each morning, we may face myriad stressors—getting the kids off to school, driving in bumper-to-bumper traffic, presenting a career-making (or career-breaking) report to the boss, balancing the household budget, and so much more. It can seem like there is not enough time in the day to accomplish all you need to do. These are just some of the ways everyday life can get us down. If poorly managed, these challenges can lead to many forms of stress, depression, and anxiety.

Stress is a fact of life, but you can choose not to make it a way of life for you. By incorporating some or most of the tips below, you will experience more joy and less stress. You will be well on your way to creating a healthy, happy, peaceful, fulfilling, and soul-satisfying life. Not only do these tips help assuage stress, they also help prevent and alleviate disease and depression, boost energy, and restore youthful vitality.

Living a stress-free life is not a reasonable goal. The real goal is to learn to deal with stress actively and effectively. Although that's easier

for some people than others, studies suggest that anyone can learn to cope better. But I don't want you to just cope; I want you to *thrive*—to be vibrantly healthy, joyful, and balanced. Your path is always being lit by God's Light, and you are always being guided in the direction of your dreams. Open up to this guidance by affirming—"I AM . . . divinely guided and inspired."

*Thy word is a lamp unto my feet,
and a light unto my path.*

~PSALM 119:105

Here are 16 simple, yet essential, choices that I recommend and use with clients, friends, and family members to bring more vitality and purpose into your body and life. While I have covered much of this information throughout the book in various chapters, here it is for quick reference all in one chapter. I have found these tips to be profoundly efficacious and practicable. Making a new life for yourself is simply a matter of choice. So today, *choose to . . .*

1. Sleep your way to youthful vitality.

There is nothing more restorative for your body than a good night's sleep, night after night after night. Consistent lack of sleep can lead to a variety of health problems, including toxic buildup, weight gain, accelerated aging, depression, irritability and impatience, low sex drive, memory loss, lethargy, relationship problems, accidents, and at least 1,500 reported "drowsy driving" fatalities each year. Studies reveal that *driving on only 6 hours of sleep is like driving drunk*. Cars are so cozy and comfortable these days, and cruise control doesn't help. The instant you feel drowsy at the wheel of an automobile—when your eyelids get heavy—get off the road!

People are sleeping less now than they did a century ago, thanks to electric lighting and the shift to an urban, industrialized economy, not to mention late-night television and cellphone or tablet activity. The result is a disruption of basic body metabolism. With workloads



Chapter 15

Being Committed to Creating an Extraordinary Life

The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it's not without doubt but in spite of doubt.

~ROLLO MAY

*Whatever you can do or dream, begin it!
Boldness has genius, power, and magic to it.*

~JOHANN WOLFGANG VON GOETHE

Commitment Time

Here are some changes and choices I _____
(insert your name) will make this week, this month, and this year to support my goal of creating a renewed life of vitality and purpose. I now choose vibrant health and commit to living a balanced life.

This week:

1. _____
2. _____
3. _____



Chapter 16

Blending Your Way to Radiant Well-Being

I look younger. My skin is more supple now, and I have fewer wrinkles than I did before eating raw.

~CAROL ALT

Live your life while you have it. Life is a splendid gift.

~FLORENCE NIGHTINGALE

As I've mentioned previously, *it's the little changes in your diet and lifestyle that make the big difference in the long run.* Adding easy-to-make, nutritious smoothies is a great place to start. In previous chapters, I recommended some of my favorite fruits and vegetables. If you haven't read those parts, you might want to peruse them now before you start experimenting with these recipes. And I do mean *experimenting*. You can't go wrong when you make smoothies; they are among the easiest and most delicious ways to ensure nutrient-bountiful meals.

Before I start with the smoothie suggestions and recipes, I wanted to share with you an excerpt from the foreword for my book *Choose to Thrive* by David Craddock. He describes a situation that occurred when I was making a green smoothie recipe for one of my cooking classes I taught in my home. It might make you laugh, too.

In every encounter Susan has with others, she always tries to build someone up and find a way to tickle their funny bone. People tell me often how good they always feel in Susan's presence. She's a

practical joker, yes indeed, and loves to laugh a lot. Susan taught me early on when I first worked with her about the power of relaxation to rejuvenate and restore the soul, the therapeutic effects and relationship-enhancing qualities of sharing fun and enjoyment together, and how we need to smile and laugh more, and she is the perfect example. Very little in life makes Susan upset and feel totally stressed out. Her attitude is always about seeing the best in everyone and everything and finding reasons to laugh as much as possible. No wonder her nickname is “Sunny.” Let me give you one of many countless examples of Susan’s jovial, comical, and light-hearted attitude . . . no matter the circumstances.

She was giving a cooking class to about 20 people in her home. This was the first class since she totally refurbished her kitchen and large adjoining family room with new cabinets, wood floors, shiplap on the walls, new paint everywhere, wood beam ceilings, new area rugs, etc.—everything was new and beautiful and she was so excited for her guests to see how she decorated it all.

It happened to be St. Patrick’s Day and during this lunch-time class, everything was laid out on the massive marble island in the center of her kitchen and the guests were either seated around the island or standing behind. All of the foods we had made during the previous hour were displayed on the island for us to eat shortly. But first, she wanted to finish her cooking and nutrition demonstrations by making a healthy and delicious green smoothie. So into the blender went fresh almond milk (that was just made earlier), frozen blueberries and raspberries, a frozen banana, one cucumber, a tablespoon of flaxseeds and chia seeds, some baby leaf spinach, celery, a dash of cinnamon, and ice cubes. She blended it all in the 72-ounce jar, which was filled to the brim with scrumptious, creamy, totally blended green smoothie. She took off the lid and was about to give us all a sample when she realized that she forgot to put in some kale. Susan then asked one of the guests seated at the end island stool to get the kale from the refrigerator and finish making the smoothie while she went to use the bathroom and quickly changed her clothes before eating.

Chapter 17

Making Salubrious Green Smoothies & More That Everyone Will Love



I rely on a lot of green drinks to get my vegetables.

~TIM TEBOW

When you feel great, you emanate a certain energy that translates as beautiful. I don't care if you have the standard beauty or not; it's that X-factor that comes through, and the basis of that is good health.

~CHRISTIE BRINKLEY

The following delicious smoothies are quick and easy to make. They are the ultimate “fast food.” All you have to do is put the ingredients into a high-quality blender (adjusting the amount of liquid, if necessary) and *blend!* After just a week or two of making these fabulous smoothies (and the ones you dream up), you’ll become a consummate smoothie aficionado and chef. Ladies and gentlemen . . . “Start your blenders!”



PEAR-KALE-MINT SMOOTHIE

3 pears
4 to 5 kale leaves

½ bunch fresh mint
¼ cup water

Place the ingredients in a blender with some of the water. Blend, adding additional water if necessary.

MANGO-PARSLEY SMOOTHIE

2 large mangoes
1 bunch parsley

¼ cup water

Place the ingredients in a blender with some of the water. Blend, adding additional water if necessary.

PEACH-SPINACH SMOOTHIE

5 to 6 peaches
2 cups spinach leaves

¼ cup water

Place the ingredients in a blender with some of the water. Blend, adding additional water if necessary.

BOSC PEAR-RASPBERRY-KALE SMOOTHIE

3 Bosc pears
½ cup raspberries

4 to 5 kale leaves
¼ cup water

Place the ingredients in a blender with some of the water. Blend, adding additional water if necessary.

Chapter 18

Fast-Tracking Your Whole-Body Wellness with Super Greens



*In two decades I've lost a total of 789 pounds.
I should be hanging from a charm bracelet.*

~ERMA BOMBECK

*I feel an important part of beauty is not only what you
do on the outside but also what you put into the inside.
Good fresh food with many vegetables along with love
and caring for others. I spend way more time serving
others than I do on my beauty routine daily.*

~KIM ALEXIS

Throughout this book I have sprinkled in my love of greens to help in detoxifying the body and supporting high-level wellness, and now I will devote a chapter just to these gems of nature. Thirteen specific green foods can have a powerful effect on longevity and vitality. I will show you now how to attack aging—with your fork. If you want to live a long, vibrant life and up your odds of avoiding chronic disease, green and leafy vegetables should become an essential part of your daily diet. They provide a treasure trove of vitamins and minerals needed for a healthy immunity system. They also help ward off disease such as cancer. Leafy greens are excellent for the gallbladder, spleen, heart and blood, and are a good brain foods and natural laxative. Most greens can be cooked or eaten raw in salads or fresh juices. Most days I include

greens in my smoothies (as I just covered in the previous chapter) and always in their raw form.

To clean your greens, separate the leaves and soak them in a sink of cold water and the juice of one lemon for a few minutes and swirl around, then drain the water. Pat or spin dry. Tear the leaves into small pieces, trim the ends of the stems and chop when necessary. All leafy greens contain chlorophyll, iron, magnesium, calcium, manganese, vitamin C, potassium, vitamin A, and a bonus of the essential fatty acids, with no cholesterol. The vegetables with the darkest, most intense colors tend to contain the highest level of nutrients. All lettuce is said to calm the nerves.

Here is a brief discussion of some of my favorite leafy greens:

■ ARUGULA

Also known as rocket, and from the mustard family, arugula is one of my favorite lettuce greens. It has a peppery and tart taste and mixes well with other greens. It adds pizzazz to any raw salad or sandwich, is high in vitamins A and C, niacin, iron, and phosphorus, and is good for normalizing body acid with its high alkalinity.

■ BEET GREENS

Best used in juices, beet greens are very high in nutrients, especially potassium, iron, and calcium. These greens also can be used in cooking. They are known for their benefit in blood disorders, liver function, and the flow of bile.

■ CHICORY

This is a bitter green with curly leaves; the young leaves are best in salads. Chicory is high in vitamins A and C, calcium, and iron and aids in liver function and blood disorders. Try radicchio, often called red-leaf chicory, which is great in salads and adds a stunning, beautiful color.

■ COLLARDS

This brilliant green vegetable is a member of the cabbage family. Use only the leaves. They tend to be tough, so you may want to steam



About Susan Smith Jones, PhD

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

~PROVERBS 17:22

*Why don't you start believing that no matter what you have or
haven't done, that your best days are still out in front of you.*

~JOEL OSTEEN



For a woman with three of America's and the UK's most ordinary names, Susan Smith Jones, PhD, has certainly made extraordinary contributions in the fields of holistic health, longevity, optimum nutrition, high-level fitness, and balanced, peaceful living. For starters, she taught students, staff, and faculty at UCLA how to be healthy and fit for 30 years!

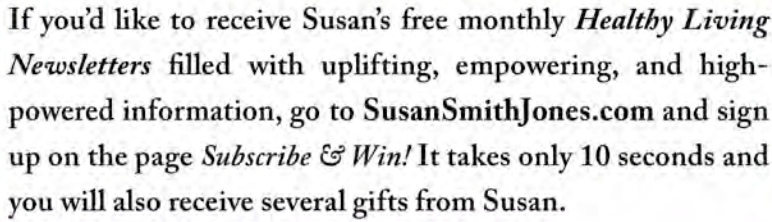
Susan is the founder and president of Health Unlimited, a Los Angeles–based consulting firm dedicated to optimal wellness and holistic health education. As a renowned motivational speaker, Susan travels internationally as a frequent radio/TV talk show guest and motivational speaker (seminars, workshops, lectures, and keynote address); she’s also the author of more than 2,500 magazine articles and over 33 books, including—*Invest in Yourself with Exercise; Be the Change, Kitchen Gardening, Affirming God’s Love, Body Temple Vitality, The Curative Kitchen & Lifestyle*, and *Choose to Thrive*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident, her physician told her that she would never be able to carry “anything heavier than a small purse.” Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained her health and active lifestyle.

Susan attributes her healing to her natural-foods diet, a daily well-rounded fitness program, a strong God- and faith-centered life, along with the power of determination, balanced living, and a deep commitment to expressing her highest potential. Since that time, she has been constantly active in spreading the message that anyone can choose radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant and educator.

A gifted teacher, Susan brings together modern research and ageless wisdom in all of her work. When she’s not traveling the world, she resides in both West Los Angeles and England.

If you enjoyed this book, please visit: **SusanSmithJones.com**, **ChristianLifestyleMatters.com** and **BooksToUplift.com** for more details on Susan and her work. Her books and websites are like having a “holistic health app” for anything related to holistic health and living a faith- and God-centered life.



If you'd like to receive Susan's free monthly *Healthy Living Newsletters* filled with uplifting, empowering, and high-powered information, go to SusanSmithJones.com and sign up on the page *Subscribe & Win!* It takes only 10 seconds and you will also receive several gifts from Susan.



*Imagination is more important than knowledge.
For knowledge is limited to all we now know
and understand, while imagination embraces
the entire world, and all there ever will
be to know and understand.*

~ALBERT EINSTEIN

*As you keep your mind and heart focused in
the right direction, approaching each day
with faith and gratitude, I believe you will be
empowered to live life to the fullest and enjoy
the abundant life He has promised you!*

~VICTORIA OSTEEN



ENJOY THE EXTRAORDINARY LIFE YOU WERE DESIGNED TO LIVE.

I am confident you will derive tremendous value from this masterful and eclectic compendium, *Wired for High-Level Wellness*. Author Susan Smith Jones reminds us that we were each created by God and have been blessed with a miraculous body. From head to toe, she shows us how to not only heal our body but also create robust health . . . at any age. We were not created to simply get by with an unrewarding, unfulfilling, and prosaic life. God wants each of us to flourish, thrive, and live our best life. It's difficult to do this if we are dealing with health issues—big or small.

As you put Susan's key principles and suggestions into action, you will quickly feel the difference and start glowing with vitality. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key, and Susan will keep you focused on the long-term results that come from choosing a healthy lifestyle.

No matter your reason for turning to this book—whether it's to find more happiness in life, look and feel better, find balance, discover how to eat healthier and be more positive, reinvigorate your body, boost your self-esteem, and/or live a more peaceful, hopeful, prosperous life with a heart full of faith and a strengthened relationship with God—this book will lead you in the right direction.

Get ready to feel wonderful in body, mind, and spirit—and enjoy the extraordinary life you were designed to live.

—Foreword Excerpt



For decades, Susan has been a renowned leader in the fields of holistic health, fitness, human potential, 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*

