

**Recipes For Health Bliss: Using NatureFoods &  
Lifestyle Choices To Rejuvenate Your Body & Life By  
Susan Smith Jones**

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While we all know that healthy eating is one of the main keys to a long life, few people Recipes for Health Bliss: Using Nature Foods and Lifestyle Choices to Using Nature Foods and Lifestyle Choices to Rejuvenate Your Body and Life.

### **Carol ritberger presents - the abc's of surefire and lasting weight**

On January 31, 2012 I welcomed holistic health and nutritional expert Susan Smith Jones PhD, Power of NatureFoods, Health Bliss, and Recipes for Health Bliss: Using Naturefoods & Lifestyle Choices to Rejuvenate Your Body & Life.

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### **Susan smith jones : bloom with barb**

Tags: barb scala, Bloom with Barb, granola, healthy, recipe, susan smith jones In fact, it's easy if you create a lifestyle that puts your health and wellness at the forefront. Dr. Susan Smith Jones' new book Recipes for Health Bliss: Using NatureFoods & Lifestyle Choices to Rejuvenate Your Body & Life.

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Choose to be healthy and celebrate life by Dr Susan Smith Jones. Get your diet and lifestyle off to a fresh start with these 14 age-defying, . dressing (refer to Susan's full-color book Recipes for Health Bliss over 250 delicious recipes). to Accelerate Fat Loss, Supercharge Your Energy & Rejuvenate Body & Mind is sure

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Others zero in on healthy eating and remedies from the farm, not the pharmacy, such as Health celebrated Recipes for Health Bliss: Using NatureFoods & Lifestyle Choices to Rejuvenate Your Body & Life, which includes

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Bethel, CT: A Better Life Press, 2007. Jacobson, Michael F., Ph.D., and the Staff of the Center for Science of NatureFoods: 50 Revitalizing SuperFoods & Lifestyle Choices to Promote Vibrant Health. Carlsbad, CA: Hay House, 2007. ——— Recipes for Health Bliss: Using NATUREFOODS to Rejuvenate Your Body & Life

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