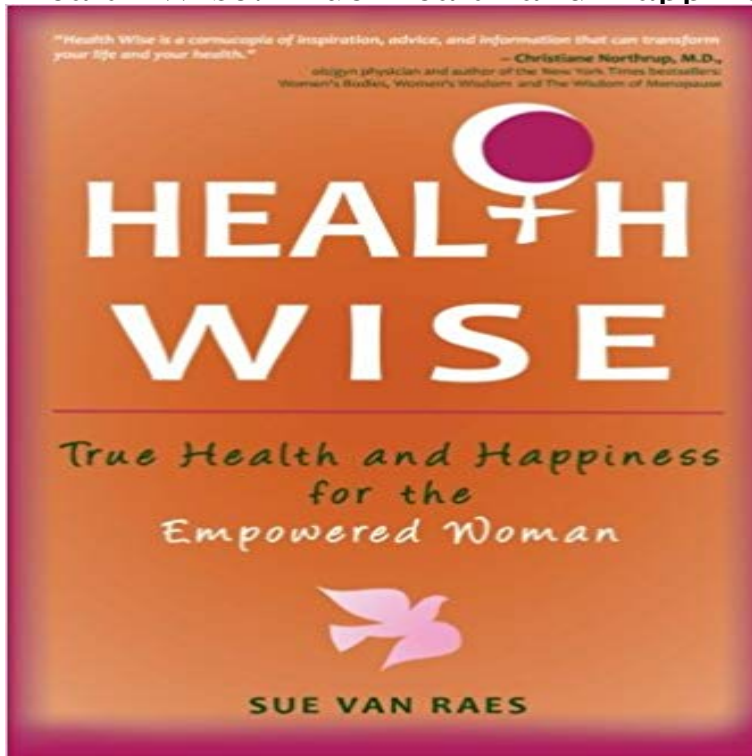


Health Wise: True Health and Happiness for the Empowered Woman



Sue Van Raes has taken on a beautiful mission - to help heal the feminine when it comes to food, body and soul. Health Wise is a wonderful gathering of resources, information, wisdom, and story that touches the heart and reminds us that the journey of a woman is unique, special and powerful. The simple and practical nutrition insights that Sue offers is a great distillation of some of the more useful health principles of our times. This book is clear, honest, heartfelt and much needed -Marc David, Author and Founder of The INSTITUTE FOR THE PSYCHOLOGY OF EATING We all need an owners manual to our own bodies. Sue Van Raes Heath Wise offers us just that. Written in a style that allows the reader to feel as though Van Raes is a trusted girlfriend, sharing secrets to health over a cup of comforting herbal tea, Health Wise is the book many of us have been looking for to provide the suggestions to reboot our own lives. As a twenty-year practitioner of holistic disciplines including Yoga and Ayurveda, I learned many key lessons from this book and look forward to sharing it with my students and clients -Felicia Tomasko, Editor in Chief, LA YOGA and Find Bliss magazines HEALTH WISE is designed to be a place where women can turn to find support, guidelines, and strategies to make a breakthrough in whatever area of health they yearn to transform. HEALTH WISE is also a place where women can listen to the personal stories, successes, and wisdom of many other women sharing their experiences. With this insight you will find your own inspiration and connection to female empowerment, to our lineage as women, and to how the planet and our times are in dire need of a resurrection of the feminine. This renewed and revolutionary quest deep into womens health and happiness will illuminate your path to passion and purpose.

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