

make your own wellness shot

Make Your Own Wellness Shot: A Guide to Boosting Your Health Naturally

Feeling sluggish? Need a natural energy boost? Tired of pricey, pre-packaged wellness shots? Then you're in the right place! This comprehensive guide will show you how to make your own wellness shot, saving you money and giving you complete control over the ingredients. We'll cover everything from choosing the best fruits and vegetables to creating unique combinations tailored to your specific needs. Get ready to unlock the power of homemade wellness!

Why Make Your Own Wellness Shot?

Let's face it: store-bought wellness shots can be expensive. A single shot can cost upwards of \$5 – that adds up quickly! By making your own, you'll not only save money but also gain a deeper understanding of what you're putting into your body. You can control the quality of ingredients, avoid added sugars and preservatives, and customize your shots to target specific health goals. Plus, it's incredibly satisfying to create something delicious and beneficial from scratch!

Essential Ingredients for Your Wellness Shots: A Colorful Palette

The beauty of homemade wellness shots lies in their versatility. You can experiment with a wide array of ingredients, creating unique flavor profiles and targeted benefits. Here are some key players to consider:

Citrus Fruits: Lemons, limes, oranges, and grapefruits are packed with Vitamin C, a powerful antioxidant that supports immunity and collagen production. Their bright, acidic flavors also make them a great base for many shots.

Ginger: This pungent root is a natural anti-inflammatory and aids digestion. It adds a spicy kick to your shots, balancing sweeter ingredients.

Turmeric: Known for its vibrant yellow color and anti-inflammatory properties, turmeric adds a distinctive earthy flavor and contributes to overall well-being. Consider adding a pinch of black pepper to enhance its absorption.

Beets: These root vegetables are rich in nitrates, which can improve blood flow and athletic performance. They add a sweet, earthy note to your shots.

Greens: Leafy greens like kale, spinach, and romaine lettuce provide essential vitamins, minerals, and fiber. They're packed with nutrients but can be a bit bitter, so consider blending them with sweeter fruits.

Other Powerhouses: Consider adding ingredients like carrots (for beta-carotene), cucumber (for hydration), or even a touch of cayenne pepper (for a metabolism boost).

Recipes for Your Perfect Wellness Shot: Three Delicious Variations

Now for the fun part! Here are three delicious and effective wellness shot recipes to get you started. Remember to adjust the quantities based on your preference and the size of your juicer or blender.

Recipe 1: The Immunity Booster:

1/2 lemon, peeled
1/2 inch ginger, peeled
1/4 cup orange juice
1/2 cup spinach

Instructions: Simply combine all ingredients in a juicer or high-speed blender and enjoy! This shot is packed with Vitamin C and antioxidants to help boost your immune system.

Recipe 2: The Energy Elixir:

1/2 beetroot, peeled and chopped
1/4 cup carrot, chopped
1/4 apple, chopped
1/2 inch ginger, peeled

Instructions: Blend all ingredients until smooth. This shot provides sustained energy thanks to the natural sugars and nitrates in the beets and carrots.

Recipe 3: The Anti-inflammatory Powerhouse:

1/2 inch turmeric, peeled
1/4 cup pineapple, chopped
1/2 cup cucumber, chopped
Pinch of black pepper

Instructions: Blend all ingredients thoroughly. The combination of turmeric, pineapple, and cucumber offers potent anti-inflammatory benefits. Remember the black pepper enhances turmeric absorption!

Tips for Making the Best Wellness Shots: From Preparation to Preservation

Use Fresh, High-Quality Ingredients: The quality of your ingredients directly impacts the taste and nutritional value of your shots. Opt for organic produce whenever possible.

Invest in a Good Juicer or Blender: A high-speed blender is ideal for creating smooth and consistent shots, even with fibrous ingredients like greens. A juicer is great for extracting maximum juice from fruits and vegetables.

Experiment with Flavors: Don't be afraid to get creative! Try different combinations of fruits, vegetables, and spices to find your perfect blend.

Storage: If you're not drinking your wellness shot immediately, store it in an airtight container in the refrigerator. It's best consumed within 24 hours to maintain its freshness and nutritional value.

Listen to Your Body: Pay attention to how different ingredients affect you. If you experience any adverse reactions, discontinue use and consult with a healthcare professional.

Conclusion: Embrace the Power of Homemade Wellness

Making your own wellness shots is a simple, cost-effective, and empowering way to improve your health and well-being. By taking control of the ingredients and tailoring your recipes to your individual needs, you can unlock the full potential of natural, nutrient-rich drinks. So, grab your juicer or blender and start experimenting! Your body will thank you.

FAQs: Your Wellness Shot Queries Answered

1. Can I freeze wellness shots? While you can freeze them, the texture might change slightly upon thawing. It's best to consume them fresh.
1. Are wellness shots a replacement for a balanced diet? No, wellness shots are a supplement, not a replacement for a healthy diet and lifestyle.
1. How often should I drink wellness shots? Start with one shot a day and adjust based on your needs and tolerance.
1. What if I don't like the taste of certain ingredients? Experiment! Add sweeter fruits like apples or berries to balance out bitter greens or spicy ginger.
1. Can I make large batches of wellness shots and store them? While you can, it's best to make smaller batches for optimal freshness. Large batches may lose some nutritional value over time.

2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

make your own wellness shot: Medical Medium Celery Juice Anthony William, 2019-05-21 Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time* Healing Millions Worldwide, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: Healing the gut and relieving digestive disorders Balancing blood sugar, blood pressure, weight, and adrenal function Neutralizing and flushing toxins from the liver and brain Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as Is it safe to drink celery juice while pregnant or breastfeeding?, Is blending better than juicing?, and Can I take my medications with it? Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls one of the greatest healing tonics of all time.

make your own wellness shot: The Juice Lover's Big Book of Juices Vanessa Simkins, 2016-10-15 Filled with 425 recipes, *The Juice Lover's Big Book of Juices* is the ultimate juicing resource.

make your own wellness shot: The Juicing Companion Ari Sexner, 2018-11 This is not just a recipe book. It's an idea book. *The Juicing Companion* was written to enable chefs, juice entrepreneurs, and general juice enthusiasts to develop amazing recipes from scratch.

make your own wellness shot: Clean Cuisine Ivy Larson, Andrew Larson, 2013-02-05 What you eat matters more than how much you eat. Discover why in this revolutionary nutrition guide to clean eating, exercise, and an anti-inflammatory diet that can enhance your wellness and quality of life. There is a diet and exercise plan that covers all the bases—food we should eat and food that tastes good; what is best for our bodies and what is easily doable in the real world—all while offering hunger-free weight loss. Developed by Andrew Larson, M.D. and certified Health Fitness Specialist Ivy Larson, *Clean Cuisine* is scientifically proven to reverse diabetes, improve cholesterol and blood pressure, and ease the symptoms of other inflammatory diseases such as multiple sclerosis, fibromyalgia, asthma, allergies, and arthritis. Broken down into eight easy steps and spread over the course of eight weeks, *Clean Cuisine* will enable readers to transform their bodies one delicious meal at a time by adopting an anti-inflammatory diet and choosing unrefined foods in their most natural, whole state. With guilt-free, delicious recipes and a workout program that has been proven

to deliver substantial results with just three 30-minute sessions a week, Clean Cuisine is the long-term answer to eating for optimal health, disease prevention, weight loss, vitality, longevity, and good taste.

make your own wellness shot: Juice Chef Gary Dowse, 2020-10-10 This book is more than just a recipe book. It contains vital information about the benefits of cold pressed juicing, and it will help you to understand why juicing is a vital key to good health and healing! Cold pressed juice is simply the best way to drink natural, living, raw juice and still absorb all the healing benefits of plant-made nutrients. Did you know that one cup of cold pressed juice provides hundreds, maybe even thousands of phytochemicals, enzymes, vitamins, minerals, antioxidants and soluble fibres, many of which haven't even been identified by science yet? These natural juices are easy on your digestive system, they can reduce acidity and toxicity in the body and best of all they taste good. This book contains the best of the best juices! In addition to the 52 delicious tasting cold pressed juice recipes, I am also sharing my 3-day Juice Cleanse program with you, so you can feel supported to do this yourself at home. If you want to shed a few kilos, have heaps of energy and feel better than ever, then I encourage you to have a look at the 3-day Juice Cleanse as it may just be the answer you've been looking for. I have personally done numerous juice cleanses and I have also guided many people through their own cleanse where they have benefited from giving their body a break while they thrive on nothing but natural, living cold pressed juice. I am super excited you have this book in your hands because I believe that cold pressed juicing has the power to change lives? it certainly changed mine!

make your own wellness shot: The Smoothie Recipe Book Mendocino Press, 2013-03-20 Delicious, nutrient-packed smoothie recipes to help you improve your health Whether you want to detox, lose weight, or just make sure you get your daily dose of essential vitamins and minerals, drinking a smoothie is a tasty way to do it. This smoothie recipe book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill your glass with vitamins that suit your needs, and discover how sweet being healthy can be. The Smoothie Recipe Book features: 150 Recipes—Make all sorts of fresh and tasty breakfast smoothies, weight-loss smoothies, green smoothies, and more. Chapter overviews—Get help choosing the smoothies that will meet your unique dietary needs and health goals. Ingredient profiles—Gain a better understanding of the nutritional advantages of specific fruits and vegetables. Discover the nutritional power of smoothies with The Smoothie Recipe Book.

make your own wellness shot: Crazy Healthy with 4 Ingredients Dee Dine, 2019-11 Healthy 4-ingredient desserts, snacks, breakfasts - all made with plant-based foods. Easy on the wallet. Easy on your schedule. And so good for your health. As the creator behind the popular healthy food blog, Green Smoothie Gourmet, Dee Dine knows how to make eating healthy easy, sharing nourishing and energizing recipes on her blog. In her debut cookbook, Crazy Healthy with 4 Ingredients, she makes it easy for anyone, from a single working adult, college student, to entire families, to slip a few whole food recipes into their meal rotation. Not only are her recipes simple to make, the ingredients are also easy to find, often common, with any few unusual options given more mainstream swaps. And for those who find it hard to meet a daily veggie quota, Dee has carried her hidden veggie talent known on her blog to the recipes in her book, sharing recipes with sneaky healthy ingredients. Sneaky Healthy: Lentil Fudge Cups, Quinoa Flatbread, Zucchini Pizzas, White Bean Meatballs, Miso Ice Cream. Chocolate: Chocolate Gingerbread Milk, Chocolate Mousse Lollipops, Quinoa Chocolate Brittle, Chocolate Hummus Shake. Breakfast: Macchiato Overnight Buckwheat, Quinoa Breakfast Pizza, Oat Zucchini Waffles. Dessert: Apple Aquafaba Cake, Cherry-Mango Dole Whip, Blueberry Clove Ice Cream Snacks: Potato Cauliflower Tots, Spicy Carrot Latkas, and Mexican Pozole Ramen. In addition to a repertoire of whole food recipes, Dee provides a few special useful extras, such as a healthy capsule pantry guide that allows quick assembly of ingredients for these and other healthy recipes. And not only are these recipes nutritionally robust on their own, Dee sorts her recipes according to nutritional concentrations, so a recipe can be chosen according to a specific need, such as weight control, sleep, immunity, stress, beauty support

and more. And on her blog, Dee provides additional book-supporting resources such as a living list of products, equipment and even studies that back up the nutritional information. Easy on time, easy on budget, Crazy Healthy with 4 Ingredients is perfect for anyone who wants an easy way to eat more plant-based foods.

make your own wellness shot: The Juice Generation Eric Helms, 2014-01-14 From one of America's foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation ! Refresh, Restore, and Rejuvenate Get ready to live juicy with The Juice Generation. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes The Juice Generation offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, The Juice Generation's plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life. Juicing Tools for Detoxing and Healing The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

make your own wellness shot: The Complete Juicing Recipe Book Stephanie Leach, 2020-09-22 Hit the ground running with natural energy and the bright flavors of juice A glass of fresh juice in the morning floods your cells with the vitamins and phytonutrients your body craves. No need to reach for the coffee pot—flip open The Complete Juicing Recipe Book and experience the energy boost of nutrient-rich juice. Give your taste buds a wake-up call with zingy tangerine, tart mango, peppery mustard greens, or aromatic fennel. Discover 360 juicing recipes that harness nature's power to fuel a healthy mind and body. Quench your thirst after your workout with a glass of Pineapple Kicks, beat the afternoon slump with a brain boost from Spicy Beet juice, and tackle that looming cold with the Bell Pepper and Melon Immune Booster. These juicing recipes will help keep you going strong—no matter what the day has in store! Treat your mind and body to juicing for brain health, cleansing and detoxifying, digestion, heart health, immunity boost, and structure support. Turn your kitchen into a juice bar with advice for choosing the right juicer and prepping produce like a pro. Mix it up with profiles that detail the benefits of individual fruits, veggies, and mix-ins so you can improvise and customize at will. Kick off each day refreshed and nourished by a glass of freshly pressed juice from The Complete Juicing Recipe Book.

make your own wellness shot: The Blender Girl Tess Masters, 2014-04-08 The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In The Blender Girl, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice- Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another

handful of that, or leave something out altogether— these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

make your own wellness shot: The Miracle Morning (Updated and Expanded Edition)

Hal Elrod, 2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. "So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you've always wanted." —Mel Robbins, New York Times bestselling author of The High 5 Habit and The 5 Second Rule Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

make your own wellness shot: Wellness for Makers

Missy Graff Ballone, 2022-08-16 Learn the actions, movements, and best practices to help your body—your main craft tool—perform its best For artists and craftsmen of all ages to reduce their risk of injury in the studio Author is well known as founder of Wellness for Makers®, a company focused on this topic

make your own wellness shot: Hormone Intelligence

Aviva Romm, M.D., 2021-06-08
INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in Hormone Intelligence. Hormonal. We all know what it means when we hear it – and feel it. While hormonal shifts are natural throughout women's lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more – all due to hormone-related problems. And too many are unable to get the answers they're really seeking from their doctors. There is a solution. In Hormone Intelligence, Yale trained and internationally renowned women's health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, Hormone Intelligence goes beyond treating symptoms to the deeper factors impacting women's health, so you can reclaim your body, hormones, and self. Inside Hormone Intelligence, you'll find: · Hormone Health 101: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers. · Symptoms and Root Causes Demystified: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more. · A 6-Week Action Plan: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body's natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones. · Delicious, done-for-you meal plans to take you

through the entire program, including vegan options. Hormone Intelligence is an invitation to a whole new relationship with your body and hormones, the exhale you've been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for Hormone Intelligence can be found at the author's website.

make your own wellness shot: *Eat Better, Feel Better* Giada De Laurentiis, 2021-03-16 #1 NEW YORK TIMES BESTSELLER • Giada De Laurentiis shares how her unique approach to wellness completely transformed her relationship with food—featuring 100 recipes to boost gut health and immunity and nourish your mind, body, and spirit. This book is the culmination of a ten-year journey. . . . I've made a conscious effort to take control of my health because it had finally become impossible to ignore the fact that the choices (or lack thereof) I'd been making for the past twenty years just weren't working for me anymore. In Giada's most personal book yet, she gives you an inside look at her path to wellness and how she maintains a balanced life. Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. She shows you her own process of reconfiguring her diet to control inflammation—and how you can use the same steps to turn your life around. Giada also includes information on how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being. Giada devotes an entire chapter to her 3-day reboot—which she follows several times a year—and offers more than two dozen dairy-free, sugar-free, and gluten-free recipes to accompany the plan, as well as a 21-day menu outline that makes good, healthy cooking easy to implement at home. Even though it's so much more than a cookbook, *Eat Better, Feel Better* also offers 100 new recipes, from Italian-influenced ones like Fusilli with Chicken and Broccoli Rabe and Pan-Roasted Pork Chops with Cherry and Red Wine Sauce to her everyday healthy favorites including Quinoa Pancakes; Sheet Pan Parmesan Shrimp and Veggies; Roasted Cauliflower and Baby Kale Salad; and Chocolate and Orange Brown Rice Treats. *Eat Better, Feel Better* is the perfect jumpstart to wellness.

make your own wellness shot: Simple Green Smoothies Jen Hansard, Jadah Sellner, 2015-11-03 Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, *Simple Green Smoothies*, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The *Simple Green Smoothies*' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. *Simple Green Smoothies* includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. *Simple Green Smoothies* will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

make your own wellness shot: *The Yummy Mummy Kitchen* Marina Delio, 2013-04-02 With *The Yummy Mummy Kitchen: 100 Effortless and Irresistible Recipes to Nourish Your Family with Style and Grace*, Marina Delio provides a collection of easy-to-make, wholesome, and mostly meatless recipes, as well as inspirational advice from her grandmother, the original "Yummy Mummy." Delio, founder of the popular blog *Yummy Mummy Kitchen*, demonstrates that it is possible for women to put deceptively simple and delicious dishes on the table for their families, while holding on to their own style and grace, even in the most unglamorous of times. This gorgeous cookbook, with gorgeous color photographs, recipes for every meal of the day, and lifestyle tips, proves that meal preparation can be easy and stress-free.

make your own wellness shot: Good Drinks Julia Bainbridge, 2020-10-06 A serious and stylish

look at sophisticated nonalcoholic beverages by a former Bon Appétit editor and James Beard Award nominee. “Julia Bainbridge resets our expectations for what a ‘drink’ can mean from now on.”—Jim Meehan, author of Meehan’s Bartender Manual and The PDT Cocktail Book NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Bon Appétit • Los Angeles Times • Wired • Esquire • Garden & Gun Blackberry-infused cold brew with almond milk and coconut cream. Smoky tea paired with tart cherry juice. A bittersweet, herbal take on the Pimm’s Cup. Writer Julia Bainbridge spent a summer driving across the U.S. going to bars, restaurants, and everything in between in pursuit of the question: Can you make an outstanding nonalcoholic drink? The answer came back emphatically: “Yes.” With an extensive pantry section, tips for sourcing ingredients, and recipes curated from stellar bartenders around the country—including Verjus Spritz, Chicha Morada Agua Fresca, Salted Rosemary Paloma, and Tarragon Cider—Good Drinks shows that decadent brunch cocktails, afternoon refreshers, and evening digestifs can be enjoyed by anyone and everyone.

make your own wellness shot: Meehan's Bartender Manual Jim Meehan, 2017-10-17 “A knowledge-filled tome for true cocktail nerds or those aspiring to be” (Esquire), from one of the world’s most acclaimed bartenders WINNER OF THE JAMES BEARD AWARD • WINNER OF THE TALES OF THE COCKTAIL SPIRITED AWARD® FOR BEST NEW COCKTAIL OR BARTENDING BOOK • IACP AWARD FINALIST Meehan’s Bartender Manual is acclaimed mixologist Jim Meehan’s magnum opus—and the first book of the modern era to explain the bar industry from the inside out. With chapters that mix cocktail history with professional insights from experts all over the world, this deep dive covers it all: bar design, menu development, spirits production, drink mixing technique, the craft of service and art of hospitality, and more. The book also includes recipes for 100 cocktails culled from the classic canon and Meehan’s own storied career. Each recipe reveals why Meehan makes these drinks the way he does, offering unprecedented access to a top bartender’s creative process. Whether you’re a professional looking to take your career to the next level or an enthusiastic amateur interested in understanding the how and why of mixology, Meehan’s Bartender Manual is the definitive guide.

make your own wellness shot: The Zero-Waste Chef Anne-Marie Bonneau, 2021-04-13 *SHORTLISTED for the 2021 Gourmand World Cookbook Award* *SHORTLISTED for the 2022 Taste Canada Award for Single-Subject Cookbooks* A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has preached that zero-waste is above all an intention, not a hard-and-fast rule. Because, sure, one person eliminating all their waste is great, but thousands of people doing 20 percent better will have a much bigger impact. And you likely already have all the tools you need to begin. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less, and finally, the recipes and strategies to turn them into self-reliant, money-saving cooks and makers. Rescue a hunk of bread from being sent to the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save 10 dollars (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they go bad—including end-of-recipe notes on what to do with your ingredients next--Bonneau lays out an attainable vision for a zero-waste kitchen.

make your own wellness shot: Winning Well Cara Cocchiarella, Camille Adana, 2021-11-10 Wellness is complex and powerful. And when wellness is maximized in the sports setting, athletes and coaches alike are set up to succeed. In Winning Well: Maximizing Coach and Athlete Wellness, Cara Cocchiarella and Camille Adana provide coaches and coach developers with the means to implement a more inclusive coaching environment through wellness. Each aspect of wellness is defined within the context of sports, provided along with tips for application within the sports setting. Tangible guidelines are supplemented with personal testimonies from a diverse group of

athletes and coaches who highlight their experiences with wellness in coaching—or lack thereof. Self-assessments are provided as powerful tools to help coaches evaluate their own wellness, their promotion of athlete wellness, and inclusive practices. The demand for wellness and inclusion in sports is substantial, and *Winning Well* is the first practical guide to help coaches and coach developers bring wellness to the forefront of their practices. Written for coaches in all sports who work with athletes at any level, this book is an inspiring, timely, and accessible resource for those who want to move towards more effective and impactful coaching.

make your own wellness shot: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

make your own wellness shot: Kintsugi Wellness Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's Japanese heritage has informed her journey back to health at every turn. Now, in *Kintsugi Wellness*, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, *Kintsugi Wellness* provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, *Kintsugi Wellness* truly stands out." —Sophia Amoruso, Founder and CEO, *Girlboss* "All aspects of our well-being are connected. And with *Kintsugi Wellness*, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world." —Arianna Huffington, Founder of *Thrive Global* and CEO and Co-founder, *Huffington Post*

make your own wellness shot: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your

home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

make your own wellness shot: Fed & Fit Cassy Joy Garcia, 2016-08-16 Fed & Fit offers meal preparation guides and incorporates practical application tools that are centered around the 'Pillars' to ensure complete success and make transitioning to a healthy lifestyle a positive and rewarding experience. Fed & Fit also features expert techniques and fitness recommendations from New York Times Bestselling author and fitness coach Juli Bauer, --

make your own wellness shot: Make Your Mind Up Bethany Mota, 2017-06-13 From tips on life, love, and everything in between; to original DIYs, recipes, and style hacks; to the incredible story of a girl next door turned Internet sensation, Make Your Mind Up is the ultimate guide to rocking your look and ruling your world—from inspirational YouTuber, designer, entrepreneur, and digital influencer, Bethany Mota. When Bethany first propped her camera on a stack of books and pressed record on her family's handheld camera in 2009, she didn't realize her life was about to change—forever. After uploading her first video to YouTube at just thirteen years old, Bethany quickly became one of the Internet's go-to beauty, style, and lifestyle vloggers. Since then, she has filmed countless room tours and tutorials, traveled the world, experimented with hundreds of DIYs, designed her own clothing line, gone on an international tour, competed on Dancing with the Stars, and created health, beauty, and wellness content for multiple platforms. But before Bethany found her #MotaFam online, life wasn't looking so great: After being intensely bullied in school, the already shy Bethany retreated further into her shell, suffering from crippling anxiety and a lack of self-confidence she just couldn't shake. From growing up on a dairy farm in small-town Los Banos, California, to figuring out how to overcome anxiety and find her voice, to finally breaking out of her shell and learning to forge her own positive path, Make Your Mind Up is more than just a heartwarming memoir or lifestyle guide—this is a portrait of Bethany's life, exactly how she lives it.

make your own wellness shot: The Plant-Forward Solution: Charlotte Martin, 2021-11-30 In her new book, registered dietitian Charlotte Martin shows you how to make plants the center of your diet while still having the flexibility to incorporate healthy portions of your favorite animal proteins (i.e., meat, poultry, and seafood) whenever the craving strikes! The Plant-Forward Solution provides a wealth of easy-to-digest scientific evidence showing the power of plants for weight and blood sugar control, gut health, heart health, longevity, and more and explains how to make a mostly (but not entirely) plant-based diet a sustainable, lifelong dietary model. Charlotte also teaches you how to effortlessly reboot your diet in just four weeks without feeling deprived. After completing the reset, you will be fully adapted to a plant-forward lifestyle that will fuel your gut microbiome and will help you lose weight, increase energy, and achieve better physical and emotional health with proven long-term results. The Plant-Forward Solution contains more than 70 recipes to meet an array of dietary needs. Many recipes offer options for gluten-free, dairy-free, nut-free, and more. Also included is a comprehensive 28-day meal plan with shopping lists, tips and tricks on how to boost your creativity in the kitchen, and more! Sample recipes include: Peaches & Cream Quinoa Porridge Portobello Pitas Spicy Roll "Sushi" Bowl Rainbow Soba Salad Butternut Squash-Three Bean Chipotle Chili Glowing Green Soup Fully Loaded Plantain Nachos Sweet Potato Tahini Brownies Chickpea Hazelnut-ella Whether you are new to plant-forward eating or a lifelong follower, The Plant-Forward Solution will help you achieve health and happiness through a plant-centric diet that brings just the right amount of meat, poultry, and seafood to make it easy to sustain.

make your own wellness shot: Nothing Fancy Alison Roman, 2019-10-22 NEW YORK TIMES BESTSELLER • The social media star, New York Times columnist, and author of Dining In helps you nail dinner with unfussy food and the permission to be imperfect. "Enemy of the mild, champion of the bold, Ms. Roman offers recipes in Nothing Fancy that are crunchy, cheesy, tangy, citrusy, fishy, smoky and spicy."—Julia Moskin, The New York Times IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • The New Yorker •

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An unexpected weeknight meal with a neighbor or a weekend dinner party with fifteen of your closest friends—either way and everywhere in between, having people over is supposed to be fun, not stressful. This abundant collection of all-new recipes—heavy on the easy-to-execute vegetables and versatile grains, paying lots of close attention to crunchy, salty snacks, and with love for all the meats—is for gatherings big and small, any day of the week. Alison Roman will give you the food your people want (think DIY martini bar, platters of tomatoes, pots of coconut-braised chicken and chickpeas, pans of lemony turmeric tea cake) plus the tips, sass, and confidence to pull it all off. With *Nothing Fancy*, any night of the week is worth celebrating. Praise for *Nothing Fancy* “[*Nothing Fancy*] is full of the sort of recipes that sound so good, one contemplates switching off any and all phones, calling in sick, and cooking through the bulk of them.”—Food52 “[*Nothing Fancy*] exemplifies that classic Roman approach to cooking: well-known ingredients rearranged in interesting and compelling ways for young home cooks who want food that looks (and photographs) as good as it tastes.”—Grub Street

make your own wellness shot: SIBO Made Simple Phoebe Lapine, 2021-01-12 If you’re one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. *SIBO Made Simple* brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing, health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn’t) to related conditions (Hashimoto’s thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners, *SIBO Made Simple* provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, *SIBO Made Simple* is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. *SIBO Made Simple* offers a clear path forward, from someone who's been there.

make your own wellness shot: *Raw* Solla Eiríksdóttir, 2019-02-13 A modern and fresh take on vegetarian, vegan, and raw food – now available in paperback for the first time *Raw*, by acclaimed Icelandic cook Solla Eiríksdóttir, was first published in 2016, when the concept of raw food was relatively new. Now a widely accepted route to healthy eating, her book features 75 healthy and delicious mainly raw recipes, introducing readers to an approach to ethical and sustainable eating that has found its way into the everyday diets of people around the world. Divided into five chapters – breakfast, snacks, light lunches, main dishes, and sweet treats – the book abounds with bright, fresh tastes such as turmeric tostadas, quinoa pizza, kelp noodles with tofu, and vegan vanilla ice cream.

make your own wellness shot: *A Doctor's Dozen* Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

make your own wellness shot: Quench Your Own Thirst Jim Koch, 2016-04-12 NATIONAL BESTSELLER and named a 2016 Best Book of the Year by Inc., Business Insider, and Forbes Founder of The Boston Beer Company, brewer of Samuel Adams Boston Lager, and a key catalyst of the American craft beer revolution, Jim Koch offers his unique perspective when it comes to business, beer, and turning your passion into a successful company or career. “Boston Beer’s Jim Koch offers readers a six-pack of wisdom.” – The Boston Globe Pull up a chair and crack open a Sam Adams. It’s time to leave behind business as you know it. Quench Your Own Thirst covers everything from finding your own Yoda to Koch’s theory on how a piece of string can teach you the most important lesson you’ll ever learn about business. Koch also has surprising advice on sales, marketing, hiring, and company culture. His anecdotes, quirky musings, and bits of wisdom go far beyond brewing. A fun, engaging guide for building a career or launching a successful business, Quench Your Own Thirst is the key to the ultimate dream: being successful while doing what you love. So, are you quenching you own thirst – or someone else’s? Like Steve Jobs, Bill Gates, Larry Ellison, and the other greats, Jim Koch's entrepreneurial journey is motivated by a deep commitment to making superb products and building a unique culture that reinforces innovation and risk-taking. This book tells a compelling story about how he did it. The lessons will be invaluable for anyone starting a business or building a career. —Bill Hambrecht, co-founder of Hambrecht & Quist and chairman of WRHambrecht + Co

make your own wellness shot: The Bulletproof Diet Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

make your own wellness shot: The Dizzy Cook Alicia Wolf, 2020-06-25 This cookbook features more than 90 delicious recipes and dozens of helpful tips to help combat migraine symptoms through diet and lifestyle. From healthy living blogger and creator of TheDizzyCook.com, Alicia Wolf, comes the must-have cookbook for anyone managing migraines, as well as anyone who just loves to create delectable yet diet-friendly dishes. Author Alicia Wolf developed her recipes using the principles of Johns Hopkins neurologist David Buchholz's “Heal Your Headache” diet, one of the most recommended plans by health practitioners for treating migraines through diet. In this book, Alicia adds her own unique spin to the migraine diet, creating recipes that are both helpful and delicious. Inside the book you'll find: Ideas for every meal of the day Tips on how to get started The best supplements for migraine prevention and treatment Common substitutions Travel tips Meal plans And other indispensable resources Learn to make Alicia's famous blueberry muffins, smoky carrot hummus, salsa verde chicken enchiladas, roasted curry cauliflower, chewy ginger cookies, and so much more. The Dizzy Cook will inspire you to explore the infinite possibilities for healthy, appetizing, migraine-safe comfort foods.

make your own wellness shot: Fire Cider! Rosemary Gladstar, 2019-10-15 For more than 30 years, best-selling author and popular herbalist Rosemary Gladstar has been touting the health

benefits of fire cider — a spicy blend of apple cider vinegar, onion, ginger, horseradish, garlic, and other immune-boosting herbs. Her original recipe, inspired by traditional cider vinegar remedies, has given rise to dozens of fire cider formulations created by fans of the tonic who use it to address everyday ills, from colds and flu to leg cramps and hangovers. *Fire Cider!* is a lively collection of 101 recipes contributed by more than 70 herbal enthusiasts, with energizing versions ranging from Black Currant Fire Cider to Triple Goddess Vinegar, Fire Cider Dark Moonshine, and Bloody Mary Fire Cider. Colorful asides, including tribute songs and amusing anecdotes, capture Gladstar's passionate desire to pass along the fire cider tradition.

make your own wellness shot: *Make Your Next Shot Your Best Shot* Bob Rotella, Roger Schiffman, 2021-09-21 Discover how to reach your greatest potential in golf by focusing only on the shot in front of you—nothing before or after—with the world's preeminent sport psychologist, Dr. Bob Rotella. Acclaimed sport psychologist and bestselling author Dr. Bob Rotella has advised countless professional golfers, as well as athletes in individual and team sports at the amateur and professional levels, on how to flourish under pressure and win championships. Rotella strives to make average athletes exceptional. With his decades of in-depth research and practical experience, he has encouraged people worldwide to persevere through adversity in a dozen internationally bestselling titles. In *Make Your Next Shot Your Best Shot*, Rotella's message is simple but effective: to reach your greatest potential in golf, you need to set your sights high and always think positively. He wants you to aim for something incredible: free your mind, concentrate on your process, accept whatever happens, and commit to making your next shot your best shot. Rotella shows you how to focus your mind, create a routine for success, persevere, and overcome failure. Drawing from lessons learned in other sports, this book is about how to train your mind to play in the moment. It's about spending your lifetime chasing greatness—and having a ball while doing it.

make your own wellness shot: *The Juicing Recipes Book* Mendocino Press, 2014-06-20 Get the most out of your juicer with over 150 juicy recipes High-energy juices, cleansing juices, weight loss juices, and more—the number of juicing recipes that boost your health are virtually endless. In one complete reference, *The Juicing Recipes Book* packs only the best healthy, vitamin-rich juicing recipes to get the maximum benefit of your juicer. From Jet Lag Tonic to Metabolism Boosting Green Juice, these juicing recipes are organized according to their purpose, so you can get your body in top shape, lose weight, increase your energy, or detox your system. Plus, if you haven't bought your juicer yet, this book gives you the lowdown on the three main juicer types, so you can make the wisest choice for your specific health needs. *The Juicing Recipes Book* includes: A KICK-START GUIDE: Learn what type of juicer fits your lifestyle, which ingredients to keep on hand for your juicing recipes, and how to prep fruits and veggies. 150 JUICING RECIPES: Fill your glass with the healthiest recipes like Breakfast Mojito, Spicy Tomato, Citrus Energy, Complexion Helper, and Peach-Strawberry Nectar. A JUICE FOR EVERY NEED: Choose the juice that fits your needs with options for Brain-Nourishing Juices, Alkalizing Juices, Healthful Skin Juices, and more. Find a juice for every unique body. Unlock the full benefit of your juicer machine and feel the difference with *The Juicing Recipes Book*.

make your own wellness shot: *Jamu Lifestyle* Metta Murdaya, 2021-06-22 *Jamu* is the herbal-medicine tradition of the Indonesian archipelago. Born from disparate influences brought by traders to this crossroads of Asian commerce, over the centuries *jamu* has developed into a sophisticated suite of nutritional supplements incorporated into cuisine, beauty rituals, and healing agents, all proven effective by empirical research. But *jamu* is more than brightly colored powders and tonics. *Jamu Lifestyle* is your gateway to entering a vibrant community devoted to self-care; a joyous and transformational world of wellness

make your own wellness shot: *10% Happier* Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and

discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10% Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

make your own wellness shot: *Hot Detox* Julie Daniluk, 2016-12-27 #1 NATIONAL BESTSELLER Spark your digestion, safely cleanse your body and speed up healing *Hot Detox* unifies soothing cooking techniques, scientific rigour and Eastern food wisdom to create a revolutionary breakthrough in how you can fire up your digestive power and cleanse and heal your body. You'll discover how · warming food and drink can dramatically increase the digestibility of a meal and the absorption of vital nutrients · chopping or blending foods such as broccoli can make them more detoxifying · cooking and dressing your vegetables with oil makes their phytonutrients more bioavailable · using culinary herbs in your cooking can kill yeast and negative bacteria that may be the cause of bloating and indigestion · warming spices cleanse the liver, and turmeric has been shown to reduce pain as effectively as over-the-counter medications · warming up your body's core will boost low immunity, alleviate IBS and chronic pain, balance hormones and help spur weight loss *Hot Detox* is the sanest and smartest way to cleanse, with easy-to-follow three-, ten- and twenty-one-day plans, proven techniques for crushing cravings and over 140 delicious and easy-to-prepare recipes you'll want to enjoy every day!

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