

how to make your own wellness shots

How to Make Your Own Wellness Shots: A Guide to Boosting Your Health Naturally

Are you ready to ditch the overpriced, often sugary wellness shots lining grocery store shelves? Want to take control of your daily dose of health-boosting goodness and save money in the process? Then you've come to the right place! This comprehensive guide will teach you exactly how to make your own wellness shots, empowering you to create delicious and nutritious concoctions tailored to your specific needs and preferences. We'll cover everything from choosing the right ingredients to mastering the blending techniques for a perfectly smooth, vibrant shot. Get ready to unlock the power of homemade wellness!

Understanding the Power of Wellness Shots

Before we dive into the recipes, let's understand why wellness shots are so popular. These potent little drinks are packed with vitamins, minerals, and antioxidants from fruits, vegetables, and other beneficial ingredients. They're a convenient way to:

Boost your immune system: Vitamins C and D, along with zinc, are key players in immune function, and many wellness shot recipes incorporate these powerhouses.

Increase energy levels: Naturally energizing ingredients like ginger and citrus fruits can provide a sustained energy boost without the jitters of coffee or energy drinks.

Improve gut health: Probiotics, prebiotics, and fiber-rich ingredients support a healthy gut microbiome, crucial for overall health and well-being.

Reduce inflammation: Anti-inflammatory ingredients like turmeric and ginger can help combat chronic inflammation, linked to many health problems.

Support detoxification: Certain ingredients, such as leafy greens and beets, can assist the body's natural detoxification processes.

Essential Ingredients for Your Wellness Shot Arsenal

The beauty of making your own wellness shots is the ability to customize them to your taste and dietary needs. However, some ingredients consistently shine in their health benefits:

Leafy Greens: Kale, spinach, and romaine lettuce are nutritional powerhouses, brimming with vitamins A, C, and K, as well as essential minerals.

Citrus Fruits: Lemons, limes, and oranges are rich in Vitamin C, a potent antioxidant that strengthens the immune system. Their acidity also enhances the flavor profile of many shots.

Ginger: Known for its anti-inflammatory and digestive benefits, ginger adds a spicy kick to your shots.

Turmeric: This vibrant spice boasts powerful anti-inflammatory properties, thanks to its active compound curcumin.

Beets: Packed with nitrates, beets can improve blood flow and boost athletic performance.

Other potential additions: Consider adding ingredients like carrots, celery, berries (especially blueberries and cranberries), and even a touch of honey or maple syrup for sweetness (use

sparingly!).

Basic Wellness Shot Recipe: Your Foundation for Customization

This simple recipe serves as a fantastic starting point, allowing you to experiment with different combinations and additions:

Ingredients:

1 cup leafy greens (kale, spinach, or a mix)
½ lemon, peeled
1 inch piece of ginger, peeled
½ cup water (adjust for desired consistency)

Instructions:

1. Wash and prepare all ingredients thoroughly.
2. Combine all ingredients in a high-speed blender.
3. Blend until completely smooth, adding more water if needed to achieve the desired consistency.
4. Pour into a shot glass and enjoy immediately for optimal freshness.

Advanced Wellness Shot Recipes: Level Up Your Health Game

Once you've mastered the basic recipe, explore these more advanced variations:

Immunity Booster Shot:

1 cup spinach
½ orange, peeled
½ lemon, peeled
1 tablespoon grated ginger
¼ teaspoon turmeric powder
¼ cup water

Energy Boosting Shot:

1 cup kale
½ beet, peeled and chopped
½ apple, cored and chopped
1 tablespoon grated ginger

¼ cup water

Gut Health Shot:

1 cup romaine lettuce
½ cucumber, chopped
1 tablespoon chia seeds (for fiber and omega-3s)
¼ cup water

Remember to adjust the amount of water to achieve your preferred consistency. Experiment with different combinations of fruits and vegetables to find your favorite flavors.

Tips for Making the Perfect Wellness Shot

Use fresh, high-quality ingredients: The fresher your ingredients, the more nutrients your shots will contain.

Invest in a good blender: A high-speed blender is essential for achieving a smooth, consistent texture.

Start small: Don't overwhelm yourself with too many ingredients initially. Master the basics before experimenting with more complex recipes.

Store properly: Wellness shots are best enjoyed fresh. If you need to store them, refrigerate them in an airtight container for no more than 24 hours.

Listen to your body: Pay attention to how your body reacts to different ingredients. If you experience any adverse reactions, discontinue use.

Conclusion

Making your own wellness shots is a rewarding experience that allows you to take control of your health and well-being. It's a delicious and cost-effective way to incorporate a daily dose of vitamins, minerals, and antioxidants into your routine. Experiment with different recipes, find your favorites, and enjoy the journey toward a healthier, more vibrant you!

FAQs

Q1: Can I freeze wellness shots? While freezing is possible, it can affect the texture and nutritional value of the ingredients. It's best to make and consume them fresh.

Q2: How many wellness shots should I drink per day? One to two shots per day is usually sufficient, but it depends on individual needs and the specific recipe.

Q3: Are there any contraindications for consuming wellness shots? Individuals with specific allergies or health conditions should consult their doctor before incorporating wellness shots into their diet.

Q4: Can I use frozen fruits and vegetables? Yes, you can use frozen fruits and vegetables, but you may need to add less water to achieve the desired consistency.

Q5: Can I add protein powder to my wellness shots? This is possible, but it may alter the taste and texture. Experiment to find a combination you enjoy. Remember to choose a protein powder that aligns with your dietary goals.

how to make your own wellness shots: *Minimalist Baker's Everyday Cooking* Dana Shultz, 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.

how to make your own wellness shots: *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.

how to make your own wellness shots: *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 Heath 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.

how to make your own wellness shots: *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.

how to make your own wellness shots: *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*.

how to make your own wellness shots: *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.

how to make your own wellness shots: *CBD Drinks for Health* Carlene Thomas, 2020-01-14 Nutritional expert Carlene Thomas shares 100 delicious recipes from juices and smoothies to tonics and cocktails so you can create the perfect CBD drink for total mind and body wellness any time of the day. We've all heard that CBD oil can reduce stress, anxiety, pain, and inflammation, and its effects can be felt immediately. Now, this book offers 100 recipes for delicious CBD infused drinks that you can make any time of the day. From spritzes to smoothies and tonics to cocktails (with mocktail variations for the sober seekers), find the perfect drink to help you enjoy the many benefits of CBD oil. Registered dietician and nutritionist Carlene Thomas, who was named America's Next Great Nutritionist by mindbodygreen, explains all about CBD oil, or cannabidiol oil, including why it's legal, how it works in the body, its health benefits, proper dosage, special considerations, and much more. Unwind with the refreshing, relaxing beverages in *CBD Drinks for Health* and learn everything you need to know about using CBD oil with confidence and peace of mind.

how to make your own wellness shots: *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.

how to make your own wellness shots: The Wellness Project Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. The Wellness Project is the insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

how to make your own wellness shots: 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!

how to make your own wellness shots: Anti-Inflammatory Drinks for Health Maryea Flaherty, 2019-02-12 100 delicious drink recipes packed with nutrients scientifically proven to reduce inflammation—perfect for both enthusiasts of natural health and those new to its benefits. Chronic inflammation is a major health risk. Studies have shown it wreaks havoc on your body and contributes to heart disease, diabetes, Alzheimer's—and even cancer. And diet—specifically one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation. But preventing and/or reducing inflammation can be easy as making a delicious drink—let this book show you how! Anti-Inflammatory Drinks for Health contains 100 great-tasting recipes for drinks packed with anti-inflammatory foods including cinnamon, tart cherries, ginger, turmeric, blueberries, and many more. In addition to helping reduce the risk of developing disease, these drinks also can aid in: -Weight loss -Increasing energy -Reducing pain -Slowing the signs of aging Also included is a list of inflammatory foods to avoid and even more ideas for how to add inflammation-fighting foods to any diet! Improve your diet, your health, and your life, with Anti-Inflammatory Drinks for Health!

how to make your own wellness shots: The Vagina Bible Dr. Jen Gunter, 2019-08-27 Instant New York Times, USA Today, and Publishers Weekly bestseller! Boston Globe bestseller #1

Canadian Bestseller OB/GYN, The New York Times columnist, host of the show *Jensplaining*, and internationally bestselling author Dr. Jen Gunter now delivers the definitive book on vaginal health, answering the questions you've always had but were afraid to ask—or couldn't find the right answers to. She has been called Twitter's resident gynecologist, the Internet's OB/GYN, and one of the fiercest advocates for women's health...and she's here to give you the straight talk on the topics she knows best. Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing, contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed—whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? OB-GYN Jen Gunter, an expert on women's health—and the internet's most popular go-to doc—comes to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming, vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about:

- The vaginal microbiome
- Genital hygiene, lubricants, and hormone myths and fallacies
- How diet impacts vaginal health
- Stem cells and the vagina
- Cosmetic vaginal surgery
- What changes to expect during pregnancy and after childbirth
- What changes to expect through menopause
- How medicine fails women by dismissing symptoms

Plus:

- Thongs vs. lace: the best underwear for vaginal health
- How to select a tampon
- The full glory of the clitoris and the myth of the G Spot . . . And so much more.

Whether you're a twenty-six-year-old worried that her labia are "uncool" or a sixty-six-year-old dealing with painful sex, this comprehensive guide is sure to become a lifelong trusted resource.

how to make your own wellness shots: 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.

how to make your own wellness shots: Juicing for Beginners Callisto Publishing, 2013-08-23 Nourish your body and promote weight loss with healthy juices! Juicing is a tasty way to get a big, daily dose of essential vitamins and minerals in just one cup, bottle, or thermos—which can lift your energy levels, kick-start your metabolism, and help you feel your best. And Juicing for Beginners is your go-to guide to getting started. Learn the ins and outs of detoxes and cleanses, explore different juicing plans, and find 100 fresh and nutrient-dense juicing recipes to keep you on track with your health goals. Juicing 101—Learn how to create a juicing routine that works for you, choose the right juicing machine, pick the best produce, and more. Understand your ingredients—Discover the health benefits of different fruits and veggies as well as popular additives like wheatgrass and whey powder. Fit and flavorful—Infuse your day with a wide variety of citrusy, sweet, and tart juices that target different aspects of wellness, like weight, immunity, and digestion. This comprehensive juice recipe book makes it easy to add juicing into your life to help you get lean

and feel great.

how to make your own wellness shots: 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.

how to make your own wellness shots: 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.

how to make your own wellness shots: 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.

how to make your own wellness shots: *Fair Play* Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

how to make your own wellness shots: *The Wellness Shots* Sujata Naik, 2016-09-15 A series of daily wellness tips, that started off as ideas striking at the spur of the moment, became a popular tool in spreading health awareness. Inspirational and based on the author's own observations and experiences, *The Wellness Shots* can be a handy health reference for every home.

how to make your own wellness shots: *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.

how to make your own wellness shots: *The Gut Wellness Guide* Allison Post, Stephen Cavaliere, 2018-08-07 A user-friendly guide for anyone grappling with chronic pain, fatigue, gas, bloating, and other common disorders associated with the gut Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple ways to relieve the stress related to some of today’s most pressing health problems. Authors Allison Post and Stephen Cavaliere explain the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion, and they demonstrate proven techniques to reconnect with our bodies and reclaim our health. The Gut Wellness Guide expands upon the method previously introduced in the authors’ first book, *Unwinding the Belly*. Unwinding is a clear and accessible way to connect the “gut brain” to the “main brain” and to relax, tune into your body, and create a customized action plan to heal.

how to make your own wellness shots: *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.

how to make your own wellness shots: *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

how to make your own wellness shots: *The Whole Life Nutrition Cookbook* Tom Malterre, Alissa Segersten, 2014-04-29 Food is powerful medicine and whole foods, or foods in their natural unrefined forms, offer us vitamins, minerals and antioxidants that prevent diseases and create a state of balance and health within us. Nutritionist Tom Malterre and Chef Alissa Segersten understand that food can be both healing and delicious and in *The Whole Life Nutrition Cookbook* they provide information on the importance of living a whole foods lifestyle, and how to transition into one. Readers will learn to prepare foods that promote optimal health, prevent disease, and energize the body. With over 300 delicious, nourishing recipes, readers will discover amazing, new ways to cook whole grains, fish, poultry, meat and veggies. *The Whole Life Nutrition Cookbook* includes: Evidence-based information on whole foods Gluten-free, dairy-free, egg-free, and soy-free recipes A complete guide to stocking your whole foods pantry The whole story on the current diet

trends and how to adapt them to best serve your individual needs The real story behind toxicity in food and avoiding PCBs GMOs and non-organics Recipes that any vegan, vegetarian, carnivore or omnivore will love Whether serving breakfast, lunch, dinner, snacks or desserts, readers will enjoy their food while healing their immune system, decreasing the inflammation that causes disease, balancing hormones and promoting better overall health.

how to make your own wellness shots: Bridget's Healthy Kitchen Bridget Davis, 2019-04 International chef Bridget Davis shows you the fundamentals of healthy cooking so that you can regain control of your diet and your life. You'll become the master of your health and wellness journey once you have the knowledge of what to cook and how to cook it - without losing out on taste and satisfaction. The recipes in Bridget's Healthy Kitchen were created with you in mind. They are a direct result of what Bridget ate to regain her health. Every recipe you see in this book started its life on Bridget's dinner plate. She was the guinea pig that tried and tested the recipes out on her body and her taste buds, before trying them out on her husband who lost an incredible 15 kilograms (33 pounds) in one month. With over 100 easy-read recipes, beautiful photography and easy-to-follow food symbols, Bridget shows you what to cook and how to cook it - without losing out on taste and satisfaction.

how to make your own wellness shots: Medicinal Herbs for Family Health and Wellness Dr. JJ Pursell, 2021-02-02 "A great reference for keeping the family healthy using herbal medicine." —Cultivate to Plate Are you seeking safe and natural ways to help bolster your family's health and wellness? Dr. JJ Pursell is here to help with herbal recipes focused on whole-family health. Medicinal Herbs for Family Health and Wellness focuses on natural treatments for women, men, babies, kids, and the elderly. It covers everything from asthma, allergies, and heart health, to pregnancy, lactation, cradle cap, and colic. The 123 recipes include capsules, salves, teas, tinctures and more that are safe and easy to create at home. You will also learn how to build a home apothecary and find value in a primer focused on the most powerful herbs. There is nothing more important than safety when it comes to family, and the trusted advice found in Medicinal Herbs for Family Health and Wellness will provide the assurance you need.

how to make your own wellness shots: 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.

how to make your own wellness shots: 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.

how to make your own wellness shots: A Path to Healing Andrea D. Sullivan, 1998 Twenty years ago, at age twenty-nine, Andrea Sullivan was a high-level executive at HUD in a state of what she now calls dis-ease: stressed out, thirty-pounds overweight, with a face full of acne. Moved by a desire to help her community and herself in a meaningful way, she quit her job and decided to become a doctor. She applied and was accepted to Bastyr Medical School for Alternative Medicine and became a naturopathic physician. Since then, Dr. Sullivan has been at the vanguard of naturopathic medicine and has helped hundreds of African Americans create dramatic and lasting lifestyle changes. Unlike traditional doctors, naturopathic physicians, with the aid of herbs, roots, and other natural remedies, treat the patient, not the disease. Here, in easy-to-understand language, Dr. Sullivan provides an overview of alternative medicine (paying close attention to naturopathy), discusses the African American tradition and its link to naturopathic medicine, and delves into stress, high blood pressure, arthritis, obesity, depression, and diabetes (all problems that plague African Americans), and prescribes an overall guide to maintaining health and keeping disease at bay. In *A Path to Healing*, Dr. Sullivan makes a convincing case for naturopathic medicine as the best way to prevent disease and treat chronic illnesses, while not discounting the use of traditional Western medicine, especially in cases of traumatic injury.

how to make your own wellness shots: The Medicare Handbook, 1988

how to make your own wellness shots: The Mermaid Method Gennah Nicole, 2021-03-02 With an endless supply of "Mermaid Hair" tutorials to surf through on the internet, and fancy fins being sold for several thousand sand dollars, it is no secret that women everywhere are going to great depths to embody these legendary goddesses. But take it from a professional, mermaid life requires a lot more work than watching a couple of YouTube videos and swimming around like a pro in a high-priced silicone tail. It goes far beyond how fabulous your hair is or how big your seashells are because being a Mermaid isn't about how you look; it's about how you live! In her debut book, *Certified Wellness Coach and Professional Mermaid*, Gennah Nicole teaches women all the tricks of her mermaid trade. With the wit and wisdom found inside of these pages, eager souls will learn how to master their mindset, care for their body, and unleash their true spirit. Not only does Gennah guide women through their own personal transformation, she also shares endless motivation, honest advice and intimate stories that inspire women to take action and begin experiencing their own happily ever after. So, if you believe you could have been a mermaid in a past life or yearn to be a mermaid in your next life, then take a deep breath and get ready to dive in deep sea sister because it is time to become the mermaid you were born to be in this life!

how to make your own wellness shots: Healthier Together Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • "Healthier Together focuses on real whole foods and bringing community together."—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love Food* writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to

marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for Healthier Together "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

how to make your own wellness shots: *Dairy-Free Cookbook for Kids* Danielle Fahrenkrug, 2020-09-08 100 Deliciously dairy free, kid-friendly recipes even your pickiest eater will love It can be a challenge to create dairy free meals that are affordable, nutritious, and friendly to kids' tastes. The Dairy-Free Cookbook for Kids is everything a dairy free cookbook should be—it helps simplify mealtime with 100 quick, scrumptious recipes for meals the entire family can enjoy. Kids won't feel like they're missing out with family favorites like Everyday Oat Pancakes, Classic Chicken Nuggets, Lasagna Roll-Ups, and Chocolate Chunk Marshmallow Bars. The tasty recipes in this dairy free cookbook require minimal, simple ingredients you can find at your local grocery store and can be completed in less than an hour. This dairy free cookbook includes: Guide to living dairy free—This dairy free cookbook includes helpful info about reading food labels, stocking your pantry, and cooking with common dairy substitutes. Tips for picky eaters—Explore 10 pointers for helping your picky eater adapt to dairy free foods while still enjoying a balanced diet, like making food fun and letting them prepare a dinner from this dairy free cookbook. Make dairy free staples—Discover easy recipes for making everyday food staples that are free from dairy, like 6 kinds of plant-based milk, homemade shredded cheese, alfredo sauce, and beyond. Whip up delicious dairy free meals for the whole family in no time—this dairy free cookbook will be your new favorite kitchen companion.

how to make your own wellness shots: Emotional Inflammation Lise Van Susteren, MD, Stacey Colino, 2020-04-28 A Powerful Guide for Overcoming the Emotional Challenges of Our Turbulent Times. A rising number of people today are troubled by a phenomenon for which they don't know there's a name. This condition is called emotional inflammation—a state not unlike post-traumatic stress disorder, but one that stems from simply living in today's anxious, overwhelming, and tumultuous world. If you've suffered from sleep problems, hyperreactivity, persistent grief, or inescapable worry about the future—especially triggered by the nonstop news cycle—then you're probably dealing with emotional inflammation. The good news is: there's something you can do about it. With *Emotional Inflammation*, general and forensic psychiatrist Dr. Lise Van Susteren joins writer Stacey Colino to present a breakthrough guide to help you become grounded and resilient in these turbulent times. You'll begin by determining your "reactor type" to better understand how your body and mind respond to stress overload. Then you'll learn the vital steps of the powerful RESTORE program for recovering inner balance, personal effectiveness, and joy in your life:

- Recognize Your Feelings: how to identify, unpack, and learn from difficult emotions
- Evaluate Your Triggers: pinpoint what sets you off and how you can moderate your reactivity
- Steady Your Body's Natural Rhythms: keys for restoring your natural, healthy internal equilibrium
- Think Yourself into a Safe Space: work with your mind to remain flexible, thoughtful, and adaptable
- Obey Your Body: essential self-care practices for diet, exercise, stress management, and more

Reclaim the Gifts of Nature: revitalize your healing connection to the natural world and its awe-inspiring benefits • Exercise Your Power: become an “upstander” who takes effective action from a place of compassion, hope, and love

Completing the basics of this method, the authors share key insights on how to personalize RESTORE to fit into your life based on which of the four reactor types you identify with—Nervous, Revved, Molten, or Retreating. You can’t always control the crises and catastrophes that are swirling around you. But that does not mean you’re powerless against the status quo—nor do you need to be at the mercy of the physiological, psychological, and spiritual stress responses inside you. With Emotional Inflammation, you now have an invaluable guide to help you cope with the challenges of a turbulent world, calm your body and mind, and reclaim a sense of peace, purpose, and connection to others.

how to make your own wellness shots: 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.

how to make your own wellness shots: The Juice Truck Zach Berman, Ryan Slater, Colin Medhurst, 2017-06-06 From Zach Berman and Ryan Slater--the longtime friends behind Vancouver's wildly successful Juice Truck--comes an accessible, informative and fresh book on the popular and healthy juicing and cleansing lifestyle. There are lots of juice books out there, but few get it right. In The Juice Truck, Zach and Ryan make it their mission to make juicing approachable, fun, imaginative and healthy. Their obsession with juicing began when they took a trip to the Himalayas and Nepal, which quickly turned from a journey of self-discovery into a full-blown juice-seeking adventure once they were introduced to the most delicious, locally-sourced juices they had ever tried. They decided then to create the same community and street side accessibility to juice in Vancouver that had inspired them throughout their travels. Alongside colourful and eye-catching photographs and illustrations that match their company's brilliant branding, The Juice Truck incorporates advice from health coach Colin Medhurst, and outlines the tools you need to make the perfect juice, the science behind juicing, and the benefits of each specific ingredient. The book dives into the juice cleanse and tells you everything you need to know about this health trend, giving you the top 10 tips to consider before embarking on a cleanse. It debunks other cleanses and outlines which ones are actually good for you and how to cleanse in a safe and proper way. The authors also break down and profile their favourite superior foods, tinctures, supplements and boosters. Once the reader is perfectly equipped, Zach and Ryan provide over 110 mouth-watering drink recipes from nut milks, smoothies, juice and hot drinks, as well as easy-to-make and delicious plant-based food recipes that can be eaten alone or accompany the many drink recipes. Interspersed throughout the recipes are case studies by experts in their fields on subjects like meditation, sleep, yoga, fiber, microbes, food allergies, sensitivities and intolerance, and the nervous system. In addition to appealing to both loyal and first-time juicers everywhere (as well as the dedicated following of the Juice Truck in Vancouver), this book will be the definitive juicing guide for people who live a healthy, active lifestyle, and those who would like to transition to a healthier diet. This is not your average juice book--it's a combination of storytelling, nutrition and tried-and-true recipes that deserves a place in every juicer's kitchen.

how to make your own wellness shots: Dairy-Free Gluten-Free Baking Cookbook Danielle Fahrenkrug, 2019-12-17 No gluten? No dairy? No problem. Baking is delicious again. Sensitivities to dairy and gluten can't hold you back from homemade baked goods anymore. This dairy-free and gluten free cookbook is your door to a sweeter world, with 75 recipes that contain no gluten or dairy—and taste incredible. Learn to make your own flour blends, which ingredient substitutions work (or don't), and a whole new way to bake and share everything from cakes and cookies to

bread and pies. This dairy-free and gluten free cookbook offers: Troubleshooting tips—Lopsided muffins? Your bread didn't rise? Help is here. Only the good stuff—This dairy-free and gluten free cookbook puts you in control of the ingredients, without the additives or preservatives of store-bought versions. Free and clear—Every recipe is free of both gluten and dairy (not just one or the other) so every sensitivity is safe. This is the dairy-free and gluten free cookbook that will take your baking to the next level.

how to make your own wellness shots: The Sacred Science Nick Polizzi, 2018 In the work of documentary filmmakers, explains Nick Polizzi, one cardinal rule is never forget that your job is to document, not participate. But when Nick set out to explore the native outback of the Americas - meeting healers, shamans, and medicine women and tapping their well of ancient wisdom, nearly lost to the rest of the world - he had to bend that rule. As he found his way into highly sacred and often very private shamanic ceremonies, not participating ceased to be an option. Nick invites readers along on his journey of discovery to make indigenous knowledge of healing accessible to us all.

how to make your own wellness shots: Go with your Gut Robyn Youkilis, 2016-02-09 When nutritionist Robyn Youkilis began her coaching practice, she quickly realized that the vast majority of complaints she heard from clients were about their digestion. This exciting new book helps to change your relationship with food and your body by focusing on what your symptoms are telling you. If your digestive system isn't functioning properly, you can gain weight and suffer from fatigue, insomnia, bloating, indigestion and IBS. This exciting new book helps you to change your relationship with food and your body by focusing on what your symptoms are telling you and building new habits into daily life at a manageable pace. From a Superhuman Breakfast to a good-for-you Chocolate Cake, from a Rose and Berry Smoothie to the Perfect Detox Salad, Robyn shares more than 75 delicious yet simple recipes to help you on that path. Go With Your Gut will help you become your healthiest self.

how to make your own wellness shots: The Hauser Diet Marion A. Hauser, Nicole M. Baird, Ross A. Hauser, 2007 Tired of quick fix diets that don't work? Do you want more energy to enjoy your life? Do you have a weight problem? If you answered yes to any of these questions, you need to read this book! The authors explain how eating according to your diet type is the real secret to better health. The Hauser Diet: A Fresh Look at Healthy Living reveals that each of us need to follow an individualized diet. If you've tried and failed at other diets, this books explains the reason why!

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