



**Beanalicious Living:
A Step-by-Step Guide to
Breaking Free from Processed
Foods and Embracing a
Healthy, Nutritious Lifestyle**

Elizabeth Borelli

234 Pages, 7.25 x 9.5
Full-Color, over 40 photos
Fully Indexed
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INGRAM

Even “healthy” processed food products contain too much sugar, fat, salt and chemicals, and are directly related to the epidemic proportion of diet-related disease in this country. This book lays out a workable plan for incorporating more nutrition-dense, whole foods into your family’s regular eating regime while keeping your sanity intact. Foods that will bring numerous health, energy and weight management benefits without breaking your back or your budget.

**Tips for Healthier Kids • Whole Foods Overview
Getting to Know Beans • Sprouting Directions • Over 80 Recipes**

R E V I E W S

“The health benefits of beans (and other legumes) are extraordinary. They stabilize blood sugar levels, reduce food cravings, lower cholesterol levels, help to prevent colon cancer and diabetes, and fuel vibrant lives. And now, finally, here’s the book that shows you how to totally enjoy them! I’m grateful to Elizabeth Borelli, and you will be, too!”
— **John Robbins**, author *The Food Revolution, Diet For A New America*, and many other best-sellers

“In *Beanalicious Living*, Elizabeth Borelli breaks down whole foods nutrition into easy-to-follow steps that make it simple to start moving towards a healthier lifestyle today!” — **Jenny Brewer**, Nutritionist & Chef, www.nourishingnutrition.com

“Elizabeth passionately speaks for all of us who are fed up with the corporate food chain (and its lies). She has reclaimed her kitchen and shows that it is easier than one would think. Her Santa Cruz comfort food recipes are an easy first step to start cooking with real food in your own kitchen. I will be forever grateful for beans!”
— **Sheila Walsh Dunton**, NTP

***Beanalicious Living*
has simple, healthy and
money-saving tips for
thinking outside the package
and taking back the plate**

Elizabeth Borelli has extensive experience in natural wellness education and advocacy. In 2004 she founded the green-living online resource and retailer Nubius Organics, which paved the way for a journey of transformation which has spanned the past decade. The more she learned about green living, the more convinced Elizabeth became that the road to both personal and planetary health begins in the kitchen.

Her passion for educating people on the importance of healthy eating has aligned her at events with experts such as John Robbins, Frances Moore Lappé, Summer Rayne Oaks, and Simran Sethi, all of whom she has hosted at events in Santa Cruz, California.

Elizabeth regularly contributes to online wellness-related forums, and her work has been featured on MindBodyGreen.com, My.CrazySexyLife.com, and Care2.com. She is a member of Transition Santa Cruz, an organization supporting the ongoing transition to a vibrant, locally based economy, and also serves on the Environmental Advocacy Committee at her children’s school.

www.ElizabethBorelli.com