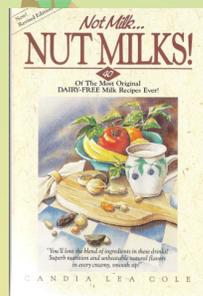


Whole Foods Cookbooks & Cooking Videos



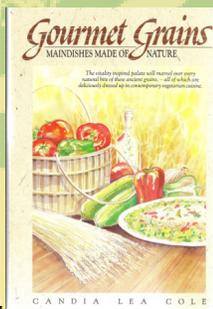
Not Milk, NUT Milks!

Are you seeking an alternative to cow's milk that is free of drugs and RBGH hormones? Do you believe cows are born to be sentient creatures, --not "milking machines" confined to factories? This recipe book features 40 fresh, smooth-sipping dairy-free beverages that are made from delicious blends of nuts,

seeds, fresh and dried fruits, wholesome sweeteners, flavoring extracts, and fortifiers. Taste nature's fruit and nut orchards in every sip, and give your body the plant protein and fatty acids it hungers for!

Gourmet Grains- Main Dishes Made of Nature

Did you know that Americans eat over 250 pounds of meat each year, and that its production depletes vast amounts of natural resources and creates tons of non-recyclable waste? By eating just *one vegetarian meal a week*, you can reduce your consumption by 35 pounds and reduce your eco-impact. This recipe book whets your appetites for dozens of meatless, main dish recipes that highlight ancient grains such as quinoa, millet, buckwheat, teff, wild rice, and amaranth. Nature's splendor awaits you!



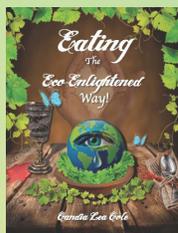
Super Smoothies-Taste the Nectar of Life!

Is your body craving a way to stave off unhealthy food cravings, prevent premature aging, decrease inflammation,



and slim down? This recipe book features over 90 dairy-free, four-season smoothies that are prepared from fresh (alkalizing) fruits and vegetables, as well as nuts, seeds, spices, ancient grains, non-dairy milks, natural sweeteners, and super food fortifiers. Preparing rainbow-colored smoothies from nature's bounty is a fun and enchanting way to meet your body's changing seasonal needs!

Eating the Eco-Enlightened Way!



Do you sometimes approach meal-times as a mundane appointment with pots and pans? Are you aware that preparing food offers to be an effort of your soul when you assign personal meaning and spiritual purpose to it? In this book, I share the ways in which I've turned cooking into an effort of the soul, by adopting culinary arche-

types that have given me a way to deepen my relationship with myself, nature, and my kitchen, as well as the ingredients, utensils, and life-giving elements that I cook with.

Eco-Lifestyle Learning Supplements

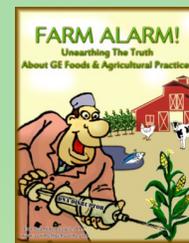
Tabletop TUTORS™ Info-graphics

Do you have the desire to create a cleaner, greener lifestyle? Tabletop TUTORS™ are colorful, text-rich info-graphics that offer you a fun way to learn about (and teach others about) *why and how* to live the eco-intelligent way. 125 graphics (divided into nearly 20 category topics) cover all aspects of personal and planetary health care!



Farm Alarm Crossword Puzzle

Crossword puzzles are the most popular and enduring word game in the world. This puzzle gives you and your



family a fun and informative way to learn about the destructive and alarming impact of GMO food production on the Earth's ecology and your human ecology!

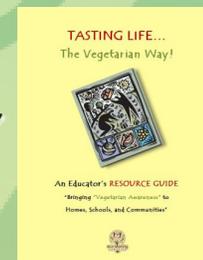
Eco-Bites Food Treasure Hunt



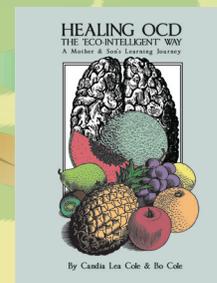
Do you understand the impact that your everyday food choices have on your health and the Earth's health? This game invites you to identify the foods whose industrial production harms the living ecology of your body and the Earth, as well as the foods whose organic production serves to heal the ecology of your body and the Earth.

Tasting Life the Vegetarian Way!

Vegetarian diets support causes such as animal welfare and environmental preservation. This book explores the origins of vegetarianism, and offers guidance for becoming a healthy plant eater. Want to present a fun *Vegetarian Awareness Day* event at school or community events? This book lays out step-by-step plans and even provides "done for you" teaching scripts!



Healing OCD- The Eco-Intelligent Way!



Obsessive Compulsive Disorder (OCD) is a mental health condition that affects people of all ages and walks of life. It occurs when a person gets caught up in a cycle of obsessions and compulsions. This book explores the role that infections and environment toxins are known to play in creating OCD, and offers dietary suggestions for taming the underlying triggers!

Meet the Founder of Eco-Learning Legacies



Candia Lea Cole is a widely celebrated author and holistic health educator. She is known by two nicknames within the holistic health community, including "The Eco-Conscious Cook" and the "Soulful Eco-Lifestyle Mentor."

As the founder of Eco-Learning Legacies, she is passionate about creating lifestyle education tools that support individuals, families, and educators, in learning about (and teaching others about) eco-intelligent living.

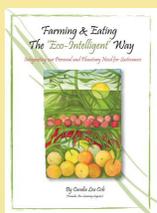
Candia's journey to eco-intelligent living began during her teenage years when she found herself dealing with the symptoms of environmental illness, --a condition that doctors didn't yet know about, or have the tools to treat. Along with her mother's support, she embarked on a self-healing journey and discovered the value and necessity of creating a clean, green, non-toxic lifestyle.

Nutrition became a special area of interest for Candia when she discovered how she could use food as a form of medicine, to custom design her wellness and nurture her relationship with the natural world.

Candia's mission today is to support young and old alike, in recognizing the connection between their personal health and the health of our planet, and create a lifestyle that protects, sustains, and honors both.

Eco-Mentor Trainings

Each Ed. Tool Kit features posters, videos, podcasts, and more!

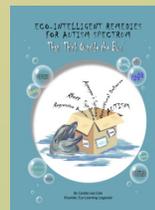


Eco-Intelligent Eating Advocate Training

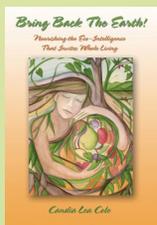
Are your food choices free of toxins? This book and training introduce you to *The Eco-Intelligent Eating Model*, which highlights the value and necessity of green farming and clean eating. Unlike the *USDA Eating Model*, which tells you what to eat, but neglects to tell you how food is produced, this model supports you in nourishing your body and sustaining the Earth!

Eco-Intelligent Autism Caregiver & Mentor Training

Are you the parent or caregiver of a child with ASD, OCD, anxiety, or depression? This book and training focuses on the environmental risk factors that are linked with the development of neurological health challenges, and offers dozens of non-toxic remedies that support your child's holistic well-being. Discover the power of healing without harming!



Eco-Mentor Apprenticeship Training



Do you want to learn how you can "green" your lifestyle to heal environmental illness in your body and in the Earth? Candia's memoir (*"Born to Live Green"*) coupled with her Eco-Mentor Guide Book (*"Bring Back the Earth!"*) invite you to explore

the wondrous path of self-healing. Experience the ways in which your personal healing serves as a catalyst for planetary healing!

Eco-Mentor Activist Legacy Training

Are you ready to make a true and lasting difference in the world, by adopting a lifestyle that serves to bring your whole self and the whole Earth back into balance? The books featured in this training introduce you to *the six steps* of eco-intelligent living. Each step prepares you to become an "everyday sustainable leader" in your home and/or community.



"Nourishing the Eco-Intelligence that Invites Whole Living"

www.ecointelligenteating.com

www.eco-mentor.com