

Sandra Strauss

Wellness Wisdom for Living Life with Gusto!



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*Excellent information,
interesting and compelling!*

—Pam Patton
Manager, AOL



At no other time, have people, through reading and education, had such an important and crucial role in determining their own wellness.

Dr. Sherry A. Rogers
American College of Allergy and Immunology

Creating optimum health and well-being is vital for enjoying life with abundant energy! That's becoming more challenging with all the changes of 21st century living. We're now bombarded daily with environmental impurities which we're ingesting, inhaling, and absorbing into our bodies at a rapid rate. Their long-term impact is linked to weight gain, energy drain, brain drain and many other health issues. Stress is another factor taking a dramatic toll upon health.

The very nature of food has changed, often nutrient deficient, laced with antibiotics, hormones, food additives, preservatives, increasingly genetically modified, with thousands of chemicals now used in food production. Waking up to these realities and taking action is crucial for enjoying living with gusto!

With Sandy's passion to create healthy destinies, her presentations offer wellness wisdom for all who want to:

- ❁ Feel more energized—with more gusto!
- ❁ Gain more focus, improve sleep, lose weight, and feel great!
- ❁ Boost their immune systems for enhancing wellness.
- ❁ Learn more about what's happening to the quality of our food, air, and water.
- ❁ Seek ways to manage stress and feel happier and more productive.
- ❁ Know what really works today for enhancing wellness and weight loss.



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With a Passion for Creating Healthy Destinies!

CUSTOMIZED PRESENTATIONS

BUSINESS, NONPROFITS,
GOVERNMENT, WOMEN'S EVENTS
HEALTH & WELLNESS EVENTS
PARTNER PROGRAMS

Sandy is a dynamic and informative speaker! Your Smart Choices for Wellness program was informative and enlightening. Great information about today's realities on health issues

—Sharon Kay Hackett
Organizational Development and Training Division
County of Fairfax, VA

As a coach, Sandy's enthusiasm for demonstrating a healthy lifestyle has made such a positive difference. Her presentations are also very inspiring—with her incredible ability to teach us how to close the gaps between our health realities and our wellness wishes.

—Joanna P. Shows
Springfield, VA

Sandy is a passionate advocate for natural wellness in this increasingly toxic world. She is well-informed, articulate, and focused on helping people upgrade their health naturally.

—Felix Liao, DDS, MAGD, A.B.G.D.
Whole Health Dental Center
Falls Church, VA

Sandy is a fabulous role model; she is encouraging, upbeat and informative. Her energy and enthusiasm is contagious. We appreciated her message and participant feedback was excellent. We will definitely invite Sandy back again!

—June Turner
Environmental Protection Agency
Washington, D.C.

As a consumer educator and inspiring speaker, Sandra Strauss has appeared on hundreds of TV and radio shows providing countless ideas for living healthier and happier. With her background in consumer affairs with the fresh produce industry and other food clients, she produced news features about food and fitness, created a library of food and health videos, researched foods from around the world, and developed hundreds of recipes for her fresh fruit and vegetable cookbook for encouraging discovery of nature's colorful cornucopia.

Now, with her focus on how our food, environmental issues and lifestyles are impacting wellness, Sandy brings fresh perspectives of key factors for maximizing wellness today. Her presentations awaken audiences regarding these health realities and she offers smart choices to counter the increasing impact from processed foods, toxicity, and stress.

As a wellness coach, her guidance and motivating style is health-enhancing and life-changing. Sandy creates transformations with gusto!

Inspiring winning choices for abundant health, harmony & happiness!

