

# Arianne Jones 2 AUDIO

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## SUMMARY KEYWORDS

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## SPEAKERS

Arianne Jones



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My second tip for you is a lifestyle shift entirely-food. I really believe we are made of what we eat, drink, think and do. And I'm constantly blown away by how the food I eat directly and almost instantly affects how I feel. Eating an anti-inflammatory diet has been a game changer for me as disease thrives and feeds on inflammation in your body. So I now eat gluten free, dairy free, refined, sugar free and mostly plant-based. And that may sound hard, but I didn't just do it overnight. It was just one step at a time changing new habits until I got to this place, which made a huge, huge difference. I actually just created an e-book that I think you guys are gonna love. It's called Let's Get Saucy. And it's got six sauce recipes that are my absolute favorites. I always have about one to two of them in my fridge and they instantly upgrade any meal and just boost them with nutrients. One of the recipes actually came to me when I was having a Lyme flare day. And I was just exhausted. I needed some healthy food. I didn't know what to do, I just opened the fridge and I can toss some veggies in a bowl, it's all I had energy for, seeds, and found like hummus nutritionally used in miso, combined them together and made this cheesy hummus that ended up being delicious and is now one of my favorite go to sauces when I'm feeling exhausted with Lyme or otherwise. It also comes with 8 bonus plant-based recipes that they taste really amazing on plus grocery lists. I wanted to make it really easy to bring to life and some bonus nutritional facts throughout. I really think you'll all love it. So go check it out. And let me know what you think. I love receiving messages from all of you. And I really feel like we're in this together. So in the next few weeks I'm also coming out with like two more free e-books, one with treats. All of us need treats, right? Especially

like in these uncertain times of the world right now, I really always want treats, but I still want to have treats but still feel incredible afterwards and still keep my body in that healing state. So they're all going to be gluten free and vegan and refined sugar free but made with like real Whole Foods and full of nutrients but really delicious, like bars, energy balls, vegan cheesecakes, brownies, things like that. Let me know actually commenting below if there any specific treats that you guys want to see. So another one I'm going to create too if you guys are interested is like three superfood elixirs because when I'm feeling Lymie and horrible, I don't know about you, but I get really nauseous and I don't want any food. But I know that I need food to ensure that my body stays healthy. So I came up with three superfood elixirs that are full of immune boosting ingredients like mushrooms in superfoods, but yet they're super simple to batch makeup so that you always have them in the fridge ready for you whenever you might need, even if you have absolute minimal energy, which happens to us a lot. So if you're interested in any of those recipes, actually just head to the link in my bio and sign up. And I can't wait to see you there and support you through these times. I'm sending you love and strength. Stay strong. We're in this together. I know we've got this. I do.