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## I m Healthy and Colorful from the Bottom Up

By Terri-Sue Hill

Balboa Press, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What a beautiful rainbow she paints! It s a wonderful way to teach children the concept of their energy centers and the meaning of color, and to help them understand their connection to the earth and to others. I m so grateful she included healthy, real-food options to help them balance their wheels of energy! -Red Jen Ford, Certified Holistic Health Coach, Yoga Instructor and Seasonal Eating Expert Terri-Sue has the innate ability of making complicated health and wellness concepts easily retainable and fun! Her ideas and literature will always be a part of my teaching and life. -Malcolm Turner, Physical Education Specialist This book would be a great tool for anyone looking to teach mind/body wellness to children. It s fun, easy to understand, and encourages the best of habits. -Sadie Grimm, Educator.



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