**Media Contact: Monique M. Muhlenkamp**

**New World Library** / **Monique@newworldlibrary.com**

**Suggested Interview Questions for Sue Van Raes, author of *Food and Freedom:***

***Discover Your Personal Recipe to Eat, Think, and Live Well***

**Sue Van Raes** is a functional nutritionist, food psychology specialist, wellness expert, yoga instructor, and founder of Boulder Nutrition. She has extensive experience as a featured health writer for the Chopra Center, and her work has been featured in *People*, *The Sacred Science*, *Natural Solutions Magazine*, *Origin Magazine*, and *Elephant Journal.* Van Raes hosts the podcast *Satiate* and leads wellness and yoga retreats in Colorado, Costa Rica, Bali, and virtually. She lives in Boulder, Colorado. More information at BoulderNutrition.com.

* Food is a symptom: What to look for below your food stress?
* What are the best strategies to handle mixed messages about healthy eating?
* What are the best ways to regulate your nervous system around the dinner table?
* What is embodied eating, and why give it a try?
* What are the best ways to stop your mind from bullying your body?
* What is the language of the body, and how to listen? (the senses)
* What does how we relate to others (attachment style) have to do with our relationship to self?
* What is the best way to overcome food coping skills such as comfort eating, food restriction, and food perfectionism?
* How can we practice self-love with our eating?
* How can you transform our eating so food can work for you rather than against you?
* What is the connection between blood sugar and our relationship with food?
* What are the (7) simplest ways to balance your blood sugar?
* What are the simplest ways to boost your oxytocin for more pleasure and why?
* What are the five flavors: Can you taste them?

***Food and Freedom: Discover Your Personal Recipe to Eat, Think, and Live Well***

**By Sue Van Raes**

**Health & Well-Being / Personal Growth • $21.95**

**Trade paperback • 344 pp. • 5½ x 8½ • Pub date: April 9, 2024**

**Black-and-white illustrations • ISBN: 978-1-60868-874-6**