Hi and welcome to Simple Life Together!

A podcast dedicated to leading a simpler life in the modern world”

I’m Dan Hayes.

And I’m Vanessa Hayes.

Welcome back to Simple Life Together! On the last episode of the show we talked about Five Steps to Simple Living at Your Own Pace. In that episode, you may recall we mentioned that we slowly incorporated juicing into our lifestyle at least 3-4 times/week. By doing that...it has become a regular part of our life...something we've been able to sustain for over two years. And we became addicted to how good it made us feel which led us to look
into other ways to improve or expand our healthy eating goals. Juicing led to eating more raw foods... and eating smaller portions...and now smoothies.

So, who better to talk about smoothies, than our friend and someone who’s become our own personal...”healthy liquids expert....I guess you’d call her?!?”

So without further delay, Okay, so let’s get started...

Today we have a very special guest joining us. Simple Life Together listener and fellow Edit & Forget It Challenger, Farnoosh Brock.

Farnoosh Brock was born and raised in Tehran, Iran. After leaving Iran at 11 and living in Turkey for 3 years, she moved to the United States. She studied electrical engineering and French at university and then entered the corporate world. In 2011, she left a 12-year successful career at a Fortune 100 company to start her own company, Prolific Living Inc. Today, she is a professional blogger, author, speaker, business coach and an expert green juicer. She's passionate about showing her readers and clients how to define their own freedom in their health and their careers. Farnoosh is a multi-passionate entrepreneur that does not believe you need to give up
one passion to pursue another. She infuses her love of healthy smoothies, green juicing, Ashtanga yoga, writing, photography, entrepreneurship, and world travel into everything she does. You can find out more about Farnoosh at www.prolificliving.com.

We first met on the train from the airport heading into Portland for the first World Domination Summit back in 2010 and it was the spark of a terrific friendship. We're delighted to have her on the show today to talk about simplicity and her new book, The Healthy Smoothie Bible.

So Farnoosh, welcome back to Simple Life Together… you’re our first return guest!

Before we get into the book, let’s start with simplicity. You’ve really adopted simplicity into your life over the last couple of years and had a terrific guest post on Joshua Becker’s Becoming Minimalist blog that we’ll link to in the show notes. Share some thoughts on how your life has changed with your focus on simpler living.

When we talk about juicing, one of the first questions we're asked is what's the difference between juices and smoothies, or juicing and blending. How would you
answer that?

Which do you recommend, juicing or smoothies?

So Farnoosh, what would you list as some of the benefits of integrating smoothies into your lifestyle?

How do you recommend people get started with healthy smoothies?

Be honest...what is your favorite smoothie?

Tell us about the process of making smoothies, and share some tips on how you've simplified your smoothie making?

Wrap Up:

Well, we'll have links to the Healthy Smoothie Bible, the Healthy Juicing Bible, and all your books on Amazon.com in the show notes.

So Farnoosh, what is the best way for people to connect with you?
Major Takeaway (Reinforced)

So there you have it folks. You can get your own copy of Farnoosh’s Healthy Smoothie Bible at SimpleLifeTogether.com/smoothie, and all of her other books.

Question for the Listeners/Readers:

So, you know we’re enjoying more smoothies, and if you didn’t see it, I did a post this past week about dehydrated snacks that we like to make, such as fruits and jerky. You can find that at SimpleLifeTogether.com/dehydrator.

But how about you? Have you adopted any new healthy changes or simple foods lately? Do you have any tips or advice you’re willing to share? We’d love to hear it.

Be sure to leave a comment and share at SimpleLifeTogether.com/064.

Qs and Comments: Where we get to answer or talk
about what you write to us!

And we got a couple of very nice voicemails on our speakpipe app on the website…

Connor Trueman
https://www.speakpipe.com/msg/15743/15/15775/1397027363/7f1b5009774d647a7b2d406511b223a3

Liz Neighbors
https://www.speakpipe.com/msg/15743/16/15775/1397170577/f4b93d751e886cf731d913d4f7aa7402

Announcements:
**SimpleRev Tickets:** Early Bird tickets are now available for SimpleRev! Only 50 tickets will be offered at the Early Bird pricing so make sure you lock yours in today. SimpleRev is being held on Oct 3-4 in beautiful downtown Minneapolis on the University of St Thomas campus. To get your tickets at the lowest price that will ever be offered, just go to SimpleRev.com/tickets.

I’ll also put a link in the shownote to the SimpleRev podcast in iTunes, as well. Or just search iTunes for SimpleRev, all one word.

We’d love to see you over on the Simple Life Together
Facebook page at Facebook.com/SimpleLifeTogether.

If you’re looking to master Evernote, two books we recommend are “How to Automate Evernote” by Kosio Angelov, and Brett Kelly’s Evernote Essentials. You can get those by going to SimpleLifeTogether.com/automate and SimpleLifeTogether.com/essentials.

CONTACT INFO: Remember...if you have questions or comments you can find all our contact info at SimpleLifeTogether.com/vanessa or SimpleLifeTogether.com/dan.

Wrap Up:

OK, so that’s it for Episode 64 of Simple Life Together. If you’re trying to include more simple foods into your lifestyle like we are, be sure to check out Farnoosh Brock’s new book, The Healthy Smoothie Bible! You can get yours at SimpleLifeTogether.com/smoothie.

Pick up a copy of Supermom vs Super Mom: Simplicity Tips for Busy Moms. It’s a Simple Life Guide to Getting
Organized, Finding Margin, and Embracing Simplicity for Moms. Just go to SimpleLifeTogether.com/supermom to get your copy today!

As usual, you can find all the links and info from today’s show at SimpleLifeTogether.com/064. If you keep up with our shows as they’re released, look for our next show around the 1st of May 2014. If you’re listening to us after that, well...lucky you...you don’t have to wait!

So let us know what you think of the show and how you’re simplifying your life, too! We’d absolutely love to hear from you.

So, until next time, we hope you enjoy your...

SIMPLE LIFE TOGETHER

Resources and Links:

All of Farnoosh Brock’s Books on Amazon (http://SimpleLifeTogether.com/farnoosh)

Healthy Smoothie Bible

Evernote Essentials

Automate Evernote
SimpleRev Tickets

Supermom vs Super Mom