

Vibrant: A Groundbreaking Program to Get Energized, Own Your Health, and Glow

Stacie Stephenson

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Stacie Stephenson's *Vibrant* paints a vision for holistic health, and plots a path to achieve it.

Here, lifestyle medicine, which is related to integrative and functional medicine, is all about empowering individuals to make daily choices that address the root causes of their unhealth. The book makes use of elements from a wide variety of therapeutic disciplines, including allopathic, ancient, and modern medicine. Its viewpoint defines health not as the absence of disease, but as vibrance—glow and energy.

Using the basic building blocks of food, movement, and connections with people, the book forwards advice that's deeper than the conventional wisdom on diet and exercise. It teaches about understanding the body's messages, using one's senses. Taking health to the next level, it discusses the nervous, detoxification, and immune systems, helping people to learn to invest in the full functioning of their bodies, rather than troubleshooting surface issues. Its wrap up is practical: a thirty-day challenge to change one's habits, with instructions for what to do, and what to think about, each day, and recipes for meals and snacks.

Engaging elements, including checklists, sample meal plans, and diagrams (as of the body's energy pathways), arise throughout. The recipes at the end are for delicious, easy-to-make dishes with accessible ingredients: for berry parfaits, Mediterranean crustless quiche, and sliced blood oranges with shaved dark chocolate.

Empowerment is the book's greatest gift. It will convince even reluctant audiences that health is possible and within their reach. After helping people to make honest assessments of their current health, the book names attainable goals, building small wins into a wholly changed lifestyle. Each page is bolstered by a compassionate, positive voice, inviting all to try new challenges.

Vibrant is a wellness book that promises to be life-changing.

MELISSA WUSKE (March / April 2021)

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