

# CHEAT WITH THE RIGHT TREAT

How to turn sweet cheats into guilt-free, 'good for you' treats!

## MODULE I

### My Top 5 Favourite Healthy Sweet Treats Recipes

First of all ... Thank you!	2
Quick Tips From Me On These Recipes	5
Recipe 1. Chocolate Cherry / Cranberry Brownie Bites	8
Recipe 2. Raw Chocolate Cherry / Cranberry Squares	10
Recipe 3. Banana / Pumpkin Pancakes aka Flapjacks	12
Recipe 4. Raw Chocolate Almond Bliss Balls	14
Recipe 5. Banana Bread / Banana Date Loaf	16
Kitchen Tools, Measurements & Dietary Preferences	18
References and Resources	21
Copyright Notice	22

First of all . . . Thank you!



**This Gift is to thank you.** To thank you for deciding to be a part of our fresh, awesome family!

**You are amazing,** and without you, there just is no **Fresh Life Family** to speak of. Hopefully, this will become a place, you feel you can come to, for healthy suggestions and inspiring ideas, practical solutions and life-enhancing guides, yummy clean food recipes and useful conscientious-living tips and tricks that will help make your and your family's life a healthier, happier more fulfilling one.

**Just love and appreciate** you giving me the go ahead to be able to reach out to you, so that I can share all the incredible research and solid, credible resources of information I enjoy finding. I look forward to trying out more tasty, guilt-free recipes to share with you as well as researching, experiencing

and sharing my health and wellness programs, routines and guides that I develop based on what I find works for me and my family - remember, I share with you only what I experience, love and get the most positive results from. I hope this sharing of my personal experiences will help inspire you to begin, continue and/or flourish on your own [Fresh Life Journeys](https://freshlifejourneys.com) and create the changes you need, to make the most positive impact on your and your family's life.



I also want to congratulate you. Congratulate you on your courageous steps forward on your quest for better health and wellness. It takes guts and determination to take one's health into one's own hands. To not just accept

[freshlifejourneys.com](https://freshlifejourneys.com)

what we have been conditioned to believe. To empower ourselves to question, test and research it all. For taking some time to take a closer look, and find out for ourselves what's true and what's not, what's hype and what's not, and discover what truly works, for ourselves. **You being here proves just how gutsy you are.** It shows the desire you have, a desire we all have, to find our own answers and take our power back. To not just rely on what we are told.

**You are the one who is going to make it all happen.** We all have the power and ability to create change. We just have to make the decision to want to do so. Only you have the power and ability to make all the beautiful changes you are seeking, and probably craving and needing, to make in your life!

**I can't even put into words how excited I am for you** and here's looking forward to sharing in that journey with you. To witness your amazing, continual transformation and feel the joy it brings into your life. I hope **Fresh Life Journeys** can help spur you on when it gets tough to stay health conscious, share in some fun with you and celebrate with you, all your triumphs and successes in your pursuit of your healthiest you.

**So, thank you once again,** and I hope you truly receive enjoyment out of this journey (and this gift!)

Hugs xx  
Sam

aka Sam Coconut, Carrot Lady, Wyatt!

P.S If you have any questions please feel free to connect with me!

You can either contact me via [freshlifejourneys.com](https://freshlifejourneys.com) or email me at [sam@freshlifejourneys.com](mailto:sam@freshlifejourneys.com). I do make every effort to get back to all my readers responses, even if it may take me a little while. After all, I am a "one 'woman'-band"! I appreciate every bit of feedback, so thank you in advance!

[freshlifejourneys.com](https://freshlifejourneys.com)

## Quick Tips From Me On These Recipes

Truthfully, in the beginning, it might be hard to stop yourself from eating half a batch of **Chocolate Almond Bliss Balls**, or the entire lot of **Chocolate Brownie Bites**, but please do remember that although these treats are healthy, overindulging in them all day everyday, well, that's just going to be overdoing it, isn't it really. While the ingredients in these treats are good for us, too much of anything isn't too good for our waist line. I will admit that I myself did over-indulge when I first started making these treats, so don't be too hard on yourself. And I will add that these healthy treats make you feel full from all the natural fibre and healthy oils so, after a while, you'll naturally just eat less of them. But I just thought I would mention to be aware of how many you eat at a time. I will share more tips on how to make these healthy sweet treats work best for you in the upcoming modules.



I will be covering a lot more information on all of that in the upcoming Modules, (as well as on Fresh Life Journeys). I actually had to create a few modules (4 to be exact) so that I could deliver, in bite size pieces, all the great stuff I have for you in your Free Gift! This important info will help you understand how and why to make better food choices. How the wrong kinds of foods, sugars, and other processed rubbish, literally trick our brains with cravings. These incredibly strong messages (junk food cravings!) literally override the natural chemical signals our brain usually produces, which normally prevents us from eating too much. Basically, when we eat bad foods, the bad foods make us overeat ... more bad foods! It really is a vicious cycle, but once you have the know how, and the right alternatives, you'll be able to stop it - and that will have a profound impact on your health and wellness.

It's basically a scientific fact, that will-power alone can't overcome these bad foods' 'supernatural' (or should I say, 'unnatural') powers! But once we eliminate the bad ingredients, especially those found in processed foods, and replace them with natural, whole, raw alternatives like the ingredients you'll find in these healthy treats recipes, your brain will be able to return to doing what it is supposed to do - telling us when we've had enough! Jay and I used to sit around, sluggishly in front of the tv for hours on end, chomping on chips, soft drinks and chocolate - whole bars at a time shamefully, yes... and usually a whole slab of chocolate each! Shocking, I know!

Now, when I feel like something yummy, or sweet, I don't deprive myself, I always give in to my sweet cravings...

But I do so with my CHEAT WITH THE RIGHT TREAT recipes, filled with ingredients that have healthy oils and lower Cal sugars and ingredients that we are meant to be eating - ingredients that are good for us and that stop the cravings.

Yay for healthy treats !

[freshlifejourneys.com](http://freshlifejourneys.com)

P.S The first two recipes are very similar but have different consistencies.

The raw version: [Chocolate Cherry/Cranberry Squares](#), makes a firmer, more crunchy chocolate treat. The (only one ingredient not raw) version: [Chocolate Cherry/Cranberry Brownie Bites](#), makes a softer, more 'brownie-like' chocolate treat.

About Almonds: I always [activate my almonds](#), it's actually sooo easy to do. You don't even need a dehydrator, they can be done easily in your oven!

[Quick Guide to activating almonds:](#)

1 cup almonds, 1 tbsp unrefined salt dissolved in 1 litre of warm water in a large bowl. Make sure almonds totally covered in water. Leave overnight to soak. Keep adding water to keep almonds covered. I usually change the water once half way through soaking time. After 12 hours (the next evening), drain and pat dry almonds and spread evenly over a baking tray. Give the almonds plenty of space so they can dry easier. Set oven to around 40°C/100°F. Leave in the oven for the day and night to 'dehydrate'/dry. Test almond by biting in half - if the nut is dry and crunchy right through then they are done.

About Dates: 1 cup pitted dates = approximately 40 dates per cup. I always [double check all pitted dates](#) by hand to make sure they have all been properly pitted. I bit into one once and bit right into a sharp piece of pit/pip... lucky I didn't swallow it!

As an extra note, if you pre-soak the dates, you'll get a softer consistency, and you can [add more warm water at the end to make this recipe into your own version of a Chocolate Pudding!](#) In fact with either recipe, if you pre-soak dates and keep adding warm water at the end, you can create as many different consistencies and versions of this recipe as your taste buds like!

# Enjoy !

[freshlifejourneys.com](http://freshlifejourneys.com)



## Recipe 1. Chocolate Cherry / Cranberry Brownie Bites

### Dietary Preferences/This recipe is:

WF GF V Vv P DF EF (see definitions below)

For a totally raw version of this recipe, see below: **Raw Chocolate Cherry or Cranberry Squares.**

### Ingredients:

*\*Always try to use organic or certified organic ingredients. Try using only dried fruits which are free of preservatives/additives like sulphur.*

- 3 cups (566g/20oz) - gluten & dairy free chocolate chips\*
- 1 cup - cherries/cranberries, dried
- 2 cups - dates, pitted (check they are all properly pitted)
- 1½ cups - coconut [shredded/chips or flakes, don't use desiccated coconut]
- 5 tbsp - cacao powder, raw
- 1 cup - almonds & pecan nuts
- 37 (650g) - chestnuts, medium-large



## Directions:

1. Steam chestnuts for 10-15min until soft. Test by cutting in half - they should be easy to cut into.
2. Let cool, then cut into halves. Scrape out the soft nut flesh using a teaspoon.
3. Melt chocolate using double boiler. Hot water must not be boiling.  
I use a large pot on low heat containing hot water. I then add a stainless steel bowl on top of that pot, so that the bottom of the bowl is surrounded by the hot water in the pot. I put some hot water into the steel bowl and then add a glass/ceramic bowl into the stainless steel bowl, so that the bottom of that bowl is also surrounded by hot water. I put the chocolate into the glass/ceramic bowl, and keep the heat really low to prevent burning the chocolate.
4. Using a blender, blend dates, coconut flakes, chestnuts, almonds, pecans and cacao powder all together. I do little batches at a time with my little hand held blender - it's do-able!
5. Put all dry blended ingredients together in a large mixing bowl, add dried cherries or cranberries and mix well with a wooden spoon.
6. Add melted chocolate and mix well. You will probably need to use a little lukewarm water (not hot/not cold) to thin chocolate out a little to help it mix.
7. Once mixed and still thick (don't make too runny), add to a baking tray, or any tray that has a 1 or 2 inch depth. Spread the mix out into an even layer. I then pop mine in the freezer to set it. Once frozen, I use a big knife to cut into even little square bites after it has had a few minutes to thaw.

## Recipe makes:

Makes approx. 54 - 2.5 cm/1 in brownie bites. I keep mine in glass jars in the freezer.

*I'd say they last pretty long, problem is they're so delicious they never last more than a couple weeks in our household !*

## Recipe Tips & Notes:

- \* You substitute dark chocolate if you can't find chocolate chips. The chocolate chips I use, ingredients list: evaporated cane juice; chocolate liquor (non-alcoholic); non-dairy cocoa butter. If I use dark chocolate it usually only has these ingredients: cacao butter; cacao powder; organic rapadura sugar.
- Great thing with this recipe is that you don't have to be exact with measurements - that's why I'm like, one cup this, one cup that... You can interchange different nuts and dried fruits and if cups are not exact, it's fine.
- If I can't get chestnuts, I substitute more of the other nuts. Sometimes I use almonds for the whole recipe!

*If you do try a slightly different version of this recipe, please share it!*



## Recipe 2. Raw Chocolate Cherry / Cranberry Squares

Dietary Preferences/This recipe is:

WF GF R V Vv P DF EF (see definitions below)

This is a raw version of the first/above recipe: **Chocolate Cherry/Cranberry Brownie Bites.**

### Ingredients:

*\*Always try to use organic or certified organic ingredients. Try using only dried fruits which are free of preservatives/additives like sulphur.*

- 3 cups (566g/20oz) - chocolate chips\*, gluten & dairy free
- 1 cup - cherries/cranberries, dried
- 1 ½ cups - coconut [shredded/chips or flakes, don't use desiccated coconut]
- 2 cups - dates, pitted (check they are all properly pitted)
- 5 tbsp - cacao powder, raw
- 1 cup - almonds & pecan nuts

## Directions:

1. Melt chocolate using double boiler. Hot water must not be boiling.  
I use a large pot on low heat containing hot water. I then add a stainless steel bowl on top of that pot, so that the bottom of the bowl is surrounded by the hot water in the pot. I put some hot water into the steel bowl and then add a glass/ceramic bowl into the stainless steel bowl, so that the bottom of that bowl is also surrounded by hot water. I put the chocolate into the glass/ceramic bowl, and keep the heat really low to prevent burning the chocolate.
2. Using a blender, blend dates, coconut flakes, chestnuts, almonds, pecans and cacao powder all together. I do little batches at a time with my little hand held blender - it's do-able!  
NOTE: If you are using pre-soaked dates, blend separately from dry ingredients then add to mixture just before adding melted chocolate.
3. Put all blended ingredients together in a large mixing bowl, add dried cherries or cranberries and mix well with a wooden spoon.
4. Add melted chocolate and mix well. You will probably need to use a little lukewarm water (not hot/not cold) to thin chocolate out a little to help it mix.
5. Once mixed and still thick (don't make too runny), add to a baking tray, or any tray that has a 1 or 2 inch depth. Spread the mix out into an even layer.  
Pop it in the freezer to set. Once it has had time to set in the freezer, I take it out and use a big knife to cut into squares after it has had a few minutes to thaw.  
If you used pre-soaked dates, you'll notice more of a pudding-like consistency. I put this type of mixture into small bowls and serve as a desert with coconut cream. Yum!

## Recipe makes:

Makes approx. 25 - 4 cm/1.5 in squares. Keep in the freezer.

*Again, they could last ages in the fridge/freezer but, are so delicious they usually don't last that long!*

## Recipe Tips & Notes:

- Use this same recipe to create **TWO slightly different desserts:**  
As per directions above: if you follow the recipe as above, but pre-soak the pitted dates (and the cranberries/cherries if you like) in lukewarm distilled/filtered water for about 20 min to half hour before, this will come out as a delicious creamy chocolate cranberry/cherry pudding! Just be careful to watch how much water you add to the recipe to prevent it from becoming too runny!



### Recipe 3. Banana / Pumpkin Pancakes aka Flapjacks

#### Dietary Preferences/This recipe is:

WF GF R V Vv P DF (see definitions below)

#### Ingredients:

*\*Always try to use organic or certified organic ingredients. Try using only dried fruits which are free of preservatives/additives like sulphur.*

- ½ cup - almond meal [almonds blended into flour]
- ½ cup - brown rice flour [or buckwheat flour/'gluten-free' flour mix]
- 2 tsp - baking powder
- ½ tsp - salt, himalayan [or unrefined sea salt/rock salt]
- 1 cup - almond milk [or rice/oatmeal milk/any other preferred milk alternative]
- 1 tbsp - coconut blossom syrup [or honey/maple syrup]
- ½ tbsp - coconut oil, melted/almond oil
- ½ cup - banana, mashed OR soft, cooked pumpkin
- ¼ -½ cup - pecan, walnuts or almonds - or a mix of all three, chopped
- 1 - egg, separated

### Directions:

1. Add/sift all dry ingredients together in a bowl, except the chopped nuts. Dry ingredients = almond meal/flour, brown rice flour, baking powder and salt.
2. Separate the egg yolk from the egg white.
3. Now add all wet ingredients to the mixture. Wet ingredients = nut milk, syrup/honey, coconut oil, banana/pumpkin, egg yolk (slightly beaten). Mix well.
4. Beat egg whites separately in a different bowl until stiff peaks form. Then gently fold the beaten egg whites into the main mixture.
5. Pour the mixture into pancakes on the surface of medium heated pan. I use eco-friendly/silicone coated parchment paper to prevent pancakes from sticking. A little coconut oil on the parchment paper will crisp up each side.
6. Slow cooking on low heat is needed for these thick pancakes/flapjacks to turn out great. Turn over once one side is slightly browned. Then, once the other side is slightly brown too, turn over again and turn down to an even lower heat to allow the pancakes/flapjacks to cook right through.

### Recipe makes:

Makes approx. 6 - 10 pancakes / flapjacks.

If you don't use all the mixture at once, put into a sealed container in the fridge. Should last a day or so.

### Recipe Tips & Notes:

- Serving suggestions: Add slices of your favourite fresh or frozen fruits and add coconut cream, sweetened with a little coconut blossom syrup or raw honey.



## Recipe 4. Raw Chocolate Almond Bliss Balls

### Dietary Preferences/This recipe is:

WF GF R V Vv P DF EF SF (see definitions below)

### Ingredients:

*\*Always try to use organic or certified organic ingredients. Try using only dried fruits which are free of preservatives/additives like sulphur.*

- 250g/½ pound - cacao butter
- 5 cups - almonds\*, chopped
- 2 cups - dates\*, pitted (check they are all properly pitted)
- 2 cups - coconut [shredded/chips or flakes, don't use desiccated coconut]
- 4 tbsp - cacao powder
- 100ml/3.4 fl oz - coconut oil, melted

## Directions:

1. Melt cacao butter using double boiler. Hot water must not be boiling.  
I use a large pot on low heat containing hot water. I then add a stainless steel bowl on top of that pot, so that the bottom of the bowl is surrounded by the hot water in the pot. I put some hot water into the steel bowl and then add a glass/ceramic bowl into the stainless steel bowl, so that the bottom of that bowl is also surrounded by hot water. I put the cacao butter into the glass/ceramic bowl, and keep the heat really low to prevent burning the chocolate.
2. Blend almonds, dates, cacao powder, coconut then add to a mixing bowl.
3. Add melted cacao butter and coconut oil to the mixture. Mix well.
4. Lay baking paper over a baking tray, and using your hands, take a hand full of mixture and press very, very firmly into balls (golf ball size or smaller).  
Repeat until you've made all the mixture into balls.

## Recipe makes:

Makes approx. 100 bliss balls! Put them into jars in the freezer, they last for ages.

They may last long in the fridge/freezer but again, are so yummy, they don't last longer than couple weeks in our household. Just like the rest of these recipes!

## Recipe Tips & Notes:

- You can use more cacao powder if you want the balls to look darker!
- You can use any natural, unrefined sweetener you prefer: raw maple syrup, raw honey, coconut blossom syrup
- If the recipe is a little too wet, and you're finding it hard to squeeze the mix into balls, and find there is excess 'chocolate liquid' pushing through your fingers as you make the balls, just add another 1/4 cup chopped almonds, mix, test and repeat until mix is desired texture. Be careful though, adding too many chopped almonds will make the mix too dry, and prevent the mixture from sticking together in the ball shapes.



## Recipe 5. Banana Bread / Banana Date Loaf

### Dietary Preferences/This recipe is:

WF GF V Vv P DF SF (see definitions below)

### Ingredients:

*\*Always try to use organic or certified organic ingredients. Try using only dried fruits which are free of preservatives/additives like sulphur.*

- 1 cup - LSA flour/meal\*
- 1½ cup - almond meal/ground almond 'flour'\*
- 3 tsp - vanilla essence
- 3 - eggs (organic/free range)
- 100ml/3.4 fl oz oil - almond, macadamia, coconut oil or use any combo of the 3
- ½ tsp - baking soda
- 1tbsp - lemon juice
- 1 tsp - ground cinnamon

**Optional ingredients.\*** Use at least one of the following:

- 15-20 - dates, pitted (check they are all properly pitted)
  - 1 Tbsp - raw honey or your choice of unprocessed raw natural sweetness
- Adding a sweetener is advised if you choose to leave out the dates.



## Directions:

\*Preheat oven to 160°C / 320°F

1. Mix all wet ingredients together - lemon & bicarb of soda, banana, oil, eggs, vanilla essence, honey. Add cinnamon.
2. Mix in the almond, LSA meals well. Add the dates in last and mix in.
3. Use silicon coated baking paper (healthier for you and the environment!) to line a bread baking tin, and add the mixture. (I usually check to make sure the dates are spread throughout the batter, so they're not clumped in one spot!
4. Bake for 50min. To check if it's done, use a knife to push into the bread. If it comes out dry, it is done, if dough sticks to the knife, it needs 10-15min more.
5. Most times the extra 10-15 min is needed. I usually move the tray done to the bottom shelf to prevent the top of the bread getting too brown.

## Recipe Tips & Notes:

- Inspired by and based on Healthy Chef's Banana Bread <http://www.thehealthychef.com/2013/01/gluten-free-banana-bread/>
- \* You can add the honey/maple syrup if you want to, but I find the loaf to be delicious enough without it. Unless you choose not to add dates.  
I personally love dates. They are magical in the loaf and gives the loaf a natural sweetness. If you choose to leave them out, it's a good idea to add a natural sweetener back in.
- \* LSA - you can create your own by using a blender to chop sunflower seeds as fine as possible. Do the same with almonds, and then mix both the sunflower seed meal and the almond meal in with a flaxseed meal. Flaxseed meal (ground flaxseeds), can only be made at home if you have an exceptionally powerful blender with which to grind these small tough seeds.
- \* Almond meal - I make my own. I chop my almonds up before using my little hand held/basic blender to blend the almonds into a meal/flour. This again drives home my point that one doesn't need expensive kitchen equipment to make healthy yummy food. If you do have a powerful blender, that's awesome! Using it will make things go a little bit faster.

# Kitchen Tools, Measurements & Dietary Preferences

## Kitchen Tools & Appliances

When I first started my health journey, I didn't have any fancy appliances at all. I had the bare minimum and I could make all of these treats recipes without a problem. If you already have things like a high speed blender, that's great, it certainly makes things go quicker so definitely use them! But it's not necessary to go out and buy any extra expensive appliances to make these recipes.



[freshlifejourneys.com](http://freshlifejourneys.com)

[freshlifejourneys.com](http://freshlifejourneys.com)

## My Recommended (Humble) Kitchen Tools

- Hand-held/operated blender - the one which has a 'wand' attachment with which you can blend soups: as an example, right in the pot. The one that is interchangeable with a larger plastic container, which has a larger blade for blending larger, non-cooked food items - not a great explanation I know... Please see picture above!
- Large stainless steel/glass/ceramic mixing bowls
- Wooden or silicon, spoon or spatula
- Wooden chopping board
- Mandolin/knife for chopping nuts
- Whisk
- Measuring jug (glass)
- Stainless steel bread pan or ceramic-coated pan. Try not to use teflon-coated pots/pans (not healthy)
- Large baking tray

## Notes on measurements

I have tried to include measurements that are as universal as possible. I'll always try and give different options of values to help make using my recipes as easy as possible.

1 cup = US size cup = 8 fluid ounces = 250ml  
(it's more like 236.6ml but I always round it up to 250)

1 tsp = teaspoon = 5ml = 1.16 fluid ounce

tbsp = tablespoon = 15ml = 0.5 fluid ounce



## Special Diets and Food Preferences Categories

Each recipe is allocated one or more of the below abbreviations. I wrote an article on all these different special diets and food preferences, researched each category's definition, as well as what foods are included or excluded: [Healthy Eating Habits: Definitions of Special Diets And Food Preferences](#). Revert to this resource as you discover more about foods and how each one nourishes and benefit our bodies. You'll notice with Fresh Life Journeys, that there is more focus on plant-based foods. You will only see recipes that are vegan/vegetarian and you'll notice my enthusiasm to discover more tasty raw recipes. Dairy and grains are avoided. Wheat is out. Only natural sweeteners are used. No refined sugars, salts or any other ingredients.

WF = Wheat free

GF = All Grain/Gluten free

R = Raw

V = Vegetarian

Vv = Vegan

P = Paleo

DF = Dairy Free

EF = Egg Free

SF = Sugar free

[freshlifejourneys.com](http://freshlifejourneys.com)

## References and Resources

One of my biggest values with [Fresh Life Journeys](#), is that I only share information from reliable and credible sources.

All the factual information I have added here and indeed anywhere on [Fresh Life Journeys](#) is sourced from experts, doctors, specialists and other passionate and well established public figures who I've thoroughly researched and feel I can trust. Those who have proven their knowledge, passion and or expertise over an extended period of time.

I like to call these wonderful pioneers, my [Wellness Mentors](#).

I also prefer to listen to [Wellness Mentors](#) who for the most part, live and breathe what they believe, research, talk and write about, especially seeing as I myself try to do the same - I say most of the time (80% of the time I'd say), because we are after all, only human. [The 80/20 concept](#) that I enjoy living by is also, for most people, a much more do-able concept than constantly being strict and causing ourselves stress trying to be healthy 100% of the time - which is virtually impossible... unless you live in a bubble!

Across all articles, guides, e-books and blog posts found on [Fresh Life Journeys](#), there will always be a section like this one which will tell you where I get my information from. xx

[Superfoods](#) - David Wolfe

[Healing The Gerson Way](#) - Charlotte Gerson

[Raw Juices Can Save Your Life](#) - Dr Sandra Cabot

[The New Oxford Book Of Food Plants](#) - John Vaughn and Catherine Geissler

[The Encyclopedia of Nutrition And Good Health](#) - Dr Robert A. Ronzio

[The Perricone Promise](#) - Dr Nicholas Perricone

## Copyright Notice

Copyright © 2013 by Samantha Wyatt Fresh Life Journeys. All rights reserved.

No part of this publication may be reproduced or distributed in any form or by any means. Duplicating, sharing, or uploading product files to sharing sites is considered stealing.

All content and other media found on Fresh Life Journeys is protected by copyright, and other intellectual property laws. This content is provided solely for your personal, noncommercial use. You may not use the content in a manner that constitutes an infringement of our rights or that has not been authorised by us.

More specifically, unless explicitly authorised in these Terms of Service or by the owner of the materials, you may not modify, copy, reproduce, republish, upload, post, transmit, translate, sell, create derivative works, exploit, or distribute in any manner or medium (including by email or other electronic means) any material, media and or content found on Fresh Life Journeys. You may, however, from time to time, download and/or print one copy of individual pages of the content for your personal, noncommercial use, provided that you keep intact all copyright and other proprietary notices.

Please note that much of this publication is based on personal experience and anecdotal evidence. Although the author (Samantha Wyatt) made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation, health or other, may not be exactly suited to the examples and content shared here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms. Finally, all publishings, media and other content is not intended to replace your own judgement, nor should it replace legal, medical or other professional advice. It is meant to inform, inspire and entertain the reader.