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### Say Yes. Be Happy Archives Available

**June 1st 2021: The show where you Eat Happy  
foods to Be Happy**

Being healthy doesn't mean being skinny but being happy. They say you are what you eat, so why don't we eat Happy Foods and be Happy? Each person has different happy foods, and to discover them, we can keep a food/mood journal and become our own nutritionist, or consult my guest this week Wendi Michelle who is a precision wellness specialist. Her ability to seamlessly merge physical, mental, and emotional health utilizing both ancient traditions with future health systems offers achievable transformation. She specializes in crafting individualized health solutions that build strong bodies,

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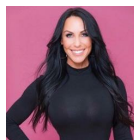
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### Featured Guest



#### Wendi Michelle

From Wendi's diverse and extensive experience in fitness, medicine, physics, holistic nutrition, cultural health, genetics, ethnobotany, nutrigenomics, and biochemistry comes a synergistic wellness approach unlike any other in the industry. Having served as clinical director in medical settings and nutritionist/formulator behind the scenes in the food industry, her message for holistic health packs significantly more power than simple theory. Her ability to seamlessly merge physical, mental and emotional health utilizing both ancient traditions with future health systems offers achievable transformation. Wendi specializes in crafting individualized health solutions that build strong bodies,

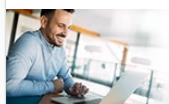
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