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**Legendary Leaders: Answering The Higher Calling**  
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**March 24th 2015: Honesty and Sweet Healing**

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The Merlin Arthur Legend continues today as we hear about Arthur as a boy and how Merlin taught Arthur the first quality of chivalry, Honor. We'll be talking more about honor and honesty with ourselves, specifically around the topic of sugar. Our guest today is Ame Wauters, a Certified Holistic Health Coach and author of 'Sweet Healing: Free Your Body from Sugar Cravings and Nourish Yourself with Divine Dessert,' where you will understand more about the toxic tyranny of sugar and how to reclaim your power and motivation by nurturing yourself. In Our 'Brain Tip of the Week' you'll go on a guid

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**Featured Guest**



**Ame Wauters**

Ame Wauters is a Certified Holistic Health Coach from The Institute of Integrative Nutrition, and founder of TheLongevityRecipe.com where she offers gluten-free recipes and guidance to help others craft a self-nurturing way of being and a relationship with food that serves their vitality, lasting health, and happiness. She recently authored, Sweet Healing: Free Your Body from Sugar Cravings and Nourish Yourself with Divine Dessert. Ame lives with her husband, Philippe and little dog, Emma, in Novato, California.

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