

FOR IMMEDIATE RELEASE

Eco-Learning Legacies Founder, Candia Lea Cole, Shares Tabletop TUTORSTM with Home Schools, Nutrition Educators, and Natural Health Care Practitioners

City: St. Paul, Minnesota, September 2021, — During the early 90's, Candia Lea Cole's work as a whole foods cookbook author earned her high praise from book reviewers, food critics, doctors, and nutritionists alike. Today, she functions as an eco-visionary and is known by her peers in the holistic health arena as *"The Eco-Intelligent Lifestyle Mentor."* When asked to define what an eco-intelligent lifestyle mentor is, Candia says: "It's a person who wants to learn about and teach others about how they can use their everyday lifestyles to nourish wellness in their bodies and the earth."

Eco-Mentoring with Tabletop TUTORSTM



To support everyday people in accomplishing this aim, she has created a collection of colorful, text-rich infographics that she named Tabletop TUTORSTM. Her

collection, which she has devoted at least a few years of her professional life to creating (along with the assistance of college students who are pursuing training in graphic design) is unique in that it inspires life-long learners to consider the connection between their health and the earth's.

Concerns about Environmental Illness Inspired The Creation of Tabletop TUTORS™

In Candia's thinking, there is *not a single person or living thing walking the face of the earth today* that is not affected in one way or another, by environmental illness. She says: "pollution, rainforest destruction, species extinction, melting ice caps, and warming oceans represent the face of this illness in our earth's terrestrial body, and diseases like cancer, chronic fatigue, and neurological issues represent that face of this illness within the human body." When during her youth and teenager years, Candia developed symptoms of chronic fatigue, chemical sensitivities, fibromyalgia and other toxin induced conditions, she embarked on a life-long self-healing journey to understand their origins.

Tabletop TUTORS™ Promote Understanding about How to Create a Cleaner, Greener Way of Life

Understanding what causes environmental illness in our bodies and the earth is not something that can be figured out (or explained to others) during the course of a day, a week, or even a few months. It's the reason why Candia has created a collection of 150+ infographics that families and educators can explore over a sustained period of time. The topics featured on Candi's infographics range from "exploring the size of our ecological footprint", to "why to farm green and eat clean." If you want to

know why seed saving, composting, and bee preservation are essential to your survival, or you're curious about why conventionally grown wheat, dairy and soy products put your health at risk, she's got you covered. Candia's graphics also cover topics that help you to understand the health benefits of different kinds of diets--think Vegetarian, GAPS, Paleo, and Autism-friendly. She even includes a variety of delicious whole foods recipes in her collection that can be printed and fastened with a magnet to the door of your refrigerator. If these topics don't whet your appetite for learning, you can always use Candia's graphics to learn about the risks related to using cell phones, or watching too much bad news on TV. (Nature therapy and grounding, you'll discover, can serve as the antidotes!) Or maybe you'd simply like to explore why it's a good idea to use clean, green personal care products and cleaning products.



How Tabletop TUTORS™ Can Be Used

- Print the graphics and use them as dining table placemats. They serve as great “conversation starters” where people gather to eat and discuss personal and planetary health concerns.
- Print them for use in flip-page notebooks. Place the notebooks in waiting rooms such as doctor’s offices, wellness centers, yoga studios, and beauty salons, to inspire self-care.
- View the graphics online. They offer to be a stellar alternative to full length books for home-schooled students. Because they feature small chunks of text and illustrations, they support short attention spans and learning challenges.
- Enlarge the size of the graphics and display them on an easel at teaching events that are held in classrooms, lunchrooms, and business events.

“**Tabletop TUTORS™** offer brilliant guidance for eco-friendly living that will educate and inspire the inhabitants of every household, home school, and day care center, as well as the customers of natural foods stores, cafes, and natural health care clinics!-*Anne Michelsen, Sustainability Writer*

For more information about the Tabletop TUTORS™ Collection, please visit: www.ecointelligenteating.com

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