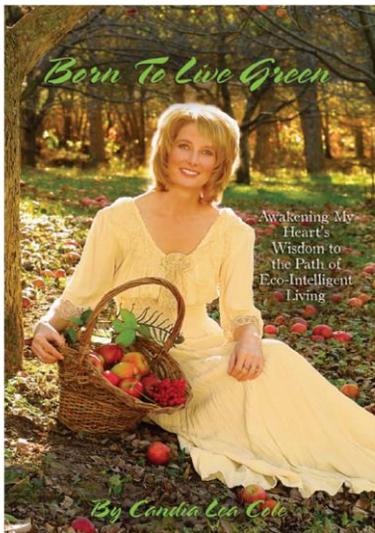


FOR IMMEDIATE RELEASE

“Born to Live Green”: A Memoir by Candia Lea Cole that Inspires Eco-Intelligent Living, Learning, and Leadership

“For young women and older women alike, who are interested in eco-conscious living, whole foods nutrition, drugless medicine, self-healing, spiritual growth, and feminine leadership, the educational themes that are woven throughout the pages of my book, offer to enlighten and empower them.”- Candia Lea Cole



City: St. Paul, Minnesota, January 2021 —In the 90’s, Candia Lea Cole’s cookbooks and nutrition education tools invited praise from doctors, nutritionists, and lay people alike. Her recipe creations, she has said, “served as the medicine that helped me to manage and heal the symptoms of environmental illness in my body.” Her new book *“Born to Live Green-Awakening my Heart’s Wisdom to the Path of Eco-Intelligent Living”*, chronicles the self-healing journey that she embarked upon as a teenager, in order to understand the origin of this illness and explore natural, earth-centric ways to heal it.

Candia's Story is offered in Two Parts:

Part One (Young Candia): Candia's story begins on the day that she missed her high school graduation due to illness. Though her illness was acute in nature, we learn that she was also dealing with underlying health issues that had never been correctly diagnosed or treated. What she didn't know at that time in her life, was that, she had been born with a "dirty gene" which compromised her body's ability to eliminate toxins, metabolize hormones, and produce the right balance of brain neurotransmitters. It was because of this malfunctioning gene that she found herself suffering with conditions such as chemical sensitivities, inflammation, and hormonal imbalances (that contributed to fibromyalgia and endometriosis), as well as anxiety and depression.

Why Candia was born with a "dirty gene", we discover, is a mystery of sorts. But one clue that we're given, points to a toxic chemical that Candia was likely exposed to while growing in her mother's womb. Because the allopathic doctors that Candia consulted with while growing up, didn't understand the connection between chemical exposures and illness (and they weren't trained in environmental medicine), they didn't have the answers she needed in order to get well. When Candia's mother realized that drug-based medicine had only exacerbated her daughter's symptoms, she decided on her behalf, to explore the world of traditional medicine. It wasn't long afterwards, that Candia began to follow in her mother's footsteps.

While doing research to determine the cause of her illness, Candia became interested in *The Natural Healing Arts* as a whole. She learned that disease develops in the body when the body, mind, heart, and soul, are consciously or unconsciously neglected.

Toxins, circulating within the environment and food supply, she discovered, placed a physical burden on her body. Unhealthy thoughts, along with a sense of being disconnected from herself, and nature, placed a burden on her emotions and spirit. Candia's path to "getting well", we discover, is one in which she learns to do three major things: 1) address her authentic needs in a holistic way, 2) awaken her innate eco-intelligence, and 3) create a cleaner, greener lifestyle that she imagines, will be integrate her personal health needs with the planet's health needs. Meaningful moments unfold on her health quest, when she teaches herself how to prepare eco-conscious meals using whole food ingredients, and when she meets and befriends two prominent naturopathic doctors who prophesize that her illness and her commitment to self-healing is "preparing her" to be a teacher. One of the more adventurous aspects of her healing journey, which gives her an opportunity to grow her bonds with the natural world, takes place in a country setting, where she lives in an abandoned farmhouse with no modern amenities.

Part Two (Mature Candia): Candia tells us about an unexpected invitation that she received from a fan of her three whole foods cookbooks. (These books, we learn, symbolize *the fertile outgrowth* of her self-healing journey.) What the invitation offered Candia an opportunity to do, was speak to a large group of teenagers and young adults on the west coast who were scheduled to attend a corporate health event with their families. Honored to be invited, Candia accepted the opportunity and immediately began conceiving plans for her teaching event and venue. What surprised Candia during the creative process of planning an inspirational talk, as well as a game and a food buffet for her audience was that, she was going through menopause at the time. She mistakenly thought that menopause represented a time in her life when she

would retire her career, take a long deserved rest, and become less visible.

What she didn't yet know, but was about to discover, was that menopause would serve as a sacred and enlivening time in her life, --a time during which she would *answer her soul's calling* to rebirth herself. Rebirthing herself, we discover, was a process in which she gave herself permission to *think of herself as an Eco-Mentor*, and to *accept a teaching assignment* from the parents of those who had attended her teaching event. The teaching assignment, we learn, involved creating *a lifestyle curriculum* that was rooted in the principles of eco-intelligent living—principles that she had unearthed on her self-healing journey.

For Candia, the process of creating a curriculum was “labor of love.” As her story tells, it took openness and courage to trust her voice in the writing process. What she wasn't prepared for (after writing the 8 books that now serve as “curriculum companions”) was the physical and mental toll that her ten-year-long project took on her health. She developed a serious neurological illness that physically disabled her and prevented her from moving forward with her teaching mission. As Candia explains in her memoir, the only thing she could do, to endure the dizzying, destabilizing years that characterized this period of her life, was to descend to her own depths, and to sit and wait for the part of herself (to emerge) that could not be met in the upper world. Mother Earth, Candia imagined, was undergoing “her” own birthing process, and, in that process, was mirroring the anguish of each and every individual, “coming to birth”, as they realized they could no longer live their lives on earth in a carefree, unconscious way.

Story Summary: Did Candia recover from her illness, you might be wondering? Yes, she did, albeit it required a long time and a lot of effort to regain her internal equilibrium. In her memoir she shares insights about the plant-based foods and medicines that she used to tame the inflammation within her neurological system, which had caused her to experience severe vertigo and faulty proprioception issues. Physical inflammation in the human body, she suggests in her book, is a problem affecting millions of people, both young and older alike. In addition to being a biological condition, she implies that it is also “a human condition that points to emotions being buried alive within the cells of our bodies.” Candia shares information about how we can use different healing practices and healing technologies to shift out of fear and pain.

Part Three: Candia invites us to explore how we, as a global collective, can *work with our souls* to support the healing of our personal and planetary ills. She shares what she learned from one prominent planetary change agent about the fulfillment that comes from birthing “the universal human within.” She also shares another author’s views about how we can create a universal humanity.



Last, but not least, she extends an invitation to us, to participate in her *Eco-Mentor Leadership Training*.

- Her *Eco-Mentor Apprentice Training*, we learn, is a 10-12 week course in which learners are invited to sample taste the six “ingredients” of eco-intelligent living, and discover how they shaped the development of Candia’s curriculum and educational philosophy. Learners are given the opportunity to shadow Candia on her self-healing journey, and explore new health and lifestyle paradigms that can support them in creating a more eco-intelligent lifestyle. This training includes her *Eco-Mentor Guide Book* and her *memoir*.
- Her *Eco-Mentor Activist Training*, we learn, offers to be a *companion* to her Apprentice Training. It introduces learners (over a period of 6-12 months) to her “six step” pathway to eco-intelligent living, a path that supports the joy of self-discovery and self-empowerment, and that serves to cultivate the Eco-Mentor within. This training includes her *Eco-Mentor Guide Book* and *six activity journals*. All of the activities are designed to support learners in developing life awareness that is 1) eco-conscious, 2) eco-logical, 3) eco-sustainable, 4) eco-balanced, 5) eco-nutritional, and 6) eco-spiritual.

Praise for Candia Lea’s Memoir and Curriculum

“In her memoir, Candia emerges as both ‘wounded healer’ and ‘spiritual wisdom bringer’ to her readers, who will no doubt receive help and loving guidance for their own healing journeys.”

Rochelle Melander, author and Write Now! Coach

“Candia’s journey of awakening is one that every woman will be inspired by, who is committed to her health and personal growth

work, and who wants to live her passion and purpose on a grander scale as a feminine eco-leader.” —*Rachel Jayne Groover, Founder of The YIN Project. Author of “Powerful and Feminine”*

Where to Purchase the Book “Born to Live Green”

To obtain the book in chapter-by-chapter format (PDF with audio) go to: www.ecointelligenteating.com

To obtain a soft cover edition of the book, please contact Candia at: candia@eco-mentor.com

For interviews, contact Candia Lea Cole at: (651) 493-0023 or send her an email at the aforementioned address. Candia has created interview materials that will save you time, and give you a way to delve into her story with little to no preparation.