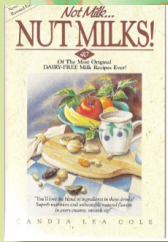


Whole Foods Cookbooks & Cooking Video Courses

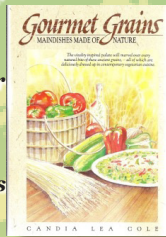
Not Milk, NUT Milks!

Are you seeking an alternative to factory farmed cow's milk that is free of drugs and hormones? Do you believe cows are born to be sentient creatures, not "milking machines?" This recipe book and video course teaches you how to prepare 40 delicious, dairy-free beverages (rich in protein, minerals, and EFA's) that are made from a blend of fresh, organic nuts, seeds, fruits, spices, natural sweeteners, and flavoring extracts. Enjoy the essence of nature's orchards in every sip!



Gourmet Grains-Main Dishes Made of Nature

In the U.S., people eat over 250 pounds of meat each year. Its production depletes vast amounts of natural resources and leaves tons of non-recyclable waste in our ecosystems. By eating just one vegetarian meal a week, you can reduce your consumption of meat by 35 pounds and reduce your ecological footprint. This recipe book and video course whets your appetites for over 90 meatless recipes that turn ancient grains and pseudo-grains into gourmet dining pleasures!

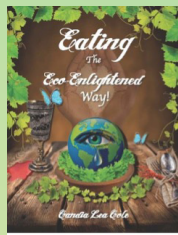


Super Smoothies-Taste the Nectar of Life!

Is your body craving vibrant, "living foods" that are known to help energize the body, shed unwanted pounds, and reverse aging? This recipe book and video course features over 90 dairy-free, four-season smoothies that are prepared from colorful fruits and veggies. They are fortified with nuts, seeds, spices, pseudo-grains, non-dairy milks, natural sweeteners, and super foods. Rainbow-colored smoothies offer to feed your eyes and heart, as well as your palate!



Eating the Eco-Enlightened Way!



Do you sometimes approach mealtimes as a mundane appointment with pots and pans? Are you aware that preparing food offers to be an effort of your soul? In this book, I share the ways that I give meaning and joy to meal-making by connecting with nature, my body, my kitchen, my ingredients, and even my cooking utensils, which are tools for transformation!

Health & Dietary Learning Supplements

Tabletop TUTORSTM Infographics Collection

Do you and your family have the desire to create a cleaner, greener, lifestyle that is kind to your body, the earth, and all living things? This collection of colorful, text-rich infographics will give you an easy and fun way to learn about, and teach others about, the value and necessity of eco-intelligent living in the 21st century! 200+ colorful, text-rich graphics are organized within 20 easy-to-access lifestyle categories.



Eco-Bites Food Treasure Hunt Game



Do you and your family understand the impact that your everyday food choices have on your health and the Earth's health? This game gives you a fun way to identify the kinds of foods whose production has a destructive impact or a restorative impact on the earth's ecology system and your ecology system.

Tasting Life the Vegetarian Way!

Are you considering adopting a vegetarian diet for ethical, health, or environmental reasons? This book and training course explores the origins of vegetarianism and offers guidance for becoming a healthy, happy, eco-conscious plant-food eater. It offers plans for executing a Vegetarian Awareness Day event, along with a "Teaching Script" that assists you in teaching the benefits of vegetarian lifestyles.



Nourish Your Mental & Emotional Well-Being The Eco-Intelligent Way!



Are you seeking drugless solutions for improving your family's mental and emotional health? Nature's pharmacy offers some of the safest drug-free remedies you can turn to for support! This book explores the whole foods, herbs, spices, and nutritional aids that can help to improve anxiety, depression, OCD, brain fog, memory issues, ADHD and learning challenges.

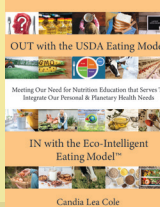
Visit our websites to view more ed. products.

Eco-Mentor Trainings

Each online training features books, videos, audios, infographics, and more!

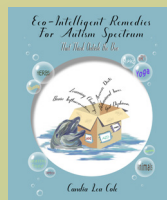
Eco-Intelligent Eating Advocate & Mentor Training

Are your family's food choices healthy? In this book and training, you will learn that the creators of the USDA eating model are paid to promote toxic foods, while the Eco-Intelligent Eating Model encourages you to eat organic, whole foods.



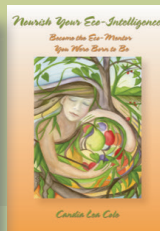
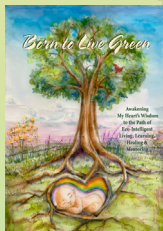
Eco-Intelligent Autism Caregiver & Mentor Training

Are you caring for the health of a child who is living with autism? This book and training provide you with awareness about the environmental toxins and nutritional deficits that often underlie the physical aspect of autism, as well as the spiritual disconnection that lies at the heart's core of autism. You're offered 250 drugless remedies for nourishing the body, mind, heart, and soul, of autism.



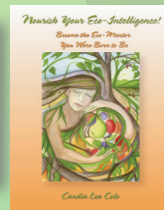
Eco-Mentor Apprentice Leadership Training

The healer's gift is her own wound, and in these books, you are invited to be a witness to Candia's development as a healer, as she devotes her life to understanding, managing, and healing the symptoms of environmental illness in her body, and using her healing journey as a catalyst for healing the earth.



Eco-Mentor Activist Leadership Training

People and the planet are ailing. Are you ready to awaken YOUR eco intelligence, and use it to integrate your personal health needs with the earth's health needs? This training and the books that are part of it, invite you to explore Candia's six-step pathway to eco-intelligent living; a path that will inspire you to be well and create the life YOU were born to live!



Meet the Founder of Eco-Learning Legacies



Candia Lea Cole is a widely celebrated author and holistic health educator. She is known by her peers in the holistic health community as "The Eco-Intelligent Lifestyle Mentor."

As the founder of Eco-Learning Legacies, she is passionate about creating educational tools that support individuals, families, and health educators, in learning about, and teaching others about, how to nourish wellness in their bodies and the earth.

Candia's journey to creating an eco-intelligent lifestyle began during her teenage years when she found herself dealing with the symptoms of environmental illness, a condition that doctors weren't trained to diagnose or treat. With her mother's guidance and support, she embarked on a self-learning/self-healing journey.

Along her educational path, Candia discovered the role that toxins played in creating her health condition, including toxins within the environment, as well as toxins in the foods and personal care products that she used. She adopted a clean, green, organic lifestyle, and taught herself to how to use food as a form of medicine for healing her body.

Candia understands the challenges that are related to living in today's toxic world. She offers her hand to those who seek support for creating a healthier lifestyle, and she is passionate about guiding people of all ages to awaken their eco-intelligence and regrow their bonds with their bodies and the natural world.



"Nourishing the Eco-Intelligence that Invites Whole Living!"

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