



The Juicy Life ~ Eat the Rainbow!

After family members battled illness and cancer, Kimberly Zimmerman wanted to find some answers as to what was the cause of such illnesses in people. She noticed one woman at



work who was friendly, bright eyed, cheerful and had beautiful skin. Kimberly approached her one day and asked, *"What is your secret to looking so healthy and happy?"* The woman then took Kimberly to her first Bikram Yoga class. Kimberly thought for sure she was going to die, but something about that class hooked her. She quickly realized that the foods she ate leading up to her yoga practices determined how successful she felt at the next yoga session. She began to understand the connection between what she ate and how she felt, coming to a decision that changed her future. Deciding to follow her heart and her passion, Kimberly began to learn more about food and how it interacts with our bodies. One day, she

noticed a flyer that introduced an opportunity for a healthy raw food restaurant franchise. She took the flyer, went to the little raw food restaurant and introduced herself. She said, *"The only thing I know about health food right now is that when I eat healthier food, I feel better and am happier. I would like to know more about your business and what you are doing. Since I have a marketing degree and experience, I was thinking that perhaps we could be of help to one another."* It ended up being a very harmonious relationship. She worked for almost nothing but food and the education of learning under the tutelage of a functioning raw food restaurant in Huntington Beach, California. Things began to unfold very quickly, leading to Kimberly into the development of juice bar menus for establishments throughout the area and eventually developing her own juice bar menu. She then attended the Institute of Integrated Nutrition out of New York and graduated with a Nutrition License. This non-traditional approach to nutrition helps people to tune into their innate intelligence and understand what their body craves and why. This approach takes into consideration that people have different system and what works may vary from one person to another.

We all understand that most foods lack the nutritional value that they had years ago and we need to look for a solution to our dietary needs. The juicing industry has provided us the means to add that missing nutrition to our systems. Juice replaces the missing nutrients in our diet by providing more dense nutrients to our body than we would be able to eat in a given day. The Juicy Life uses seasonal fruit and vegetable juices that help to stabilize and balance our nutrition cycle (affecting how good you feel each and every day). So what exactly are seasonal juices? In summer for example, fruit and vegetables such as watermelon, cucumber and things that are cooling start to ripen and are produced in abundance. The high water content and sweetness of these foods entice us to eat more of them so our body stays cool and hydrated during the hot summer months. Because Kimberly believes that there are many benefits to breathing, drinking and living in the same environment that your food is being produced, her menu varies season to season by what is available at the Farmer's Market and other suppliers, keeping it local and helping to support our local community. The Juicy Life Juice provides juice that is seasonal, pre-ordered, made fresh for you and delivered to your door or to a local pick-up location.

You can order the The Juicy Life products directly from Kimberly at Kimberly@juicylifecoach.com and she will contact you in order to get you started and into the production schedule.

Kimberly grew up in Lompoc, California. She has a Bachelors Degree in Marketing, Nutritional License from the Institute of Integrated Nutrition, New York and is a Certified Yoga Instructor.