

Reclaim Joy and Balance with “Happy Hormones,” the Newest Free Healthy Living Guidebook from Author Chef Mareya Ibrahim

Get the foundational nutrition and lifestyle tools to weather one of life’s biggest health transitions

LOS ANGELES, CA, USA, October 14, 2020 /EINPresswire.com/ -- According to holistic nutritionist and clean eating expert [Chef Mareya Ibrahim](#), it’s high time women honored menopause as a

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Mareya Ibrahim

healthy “rite of passage” earned through life and experience - and her new FREE Happy Hormones guidebook shares the foundational nutritional and emotional tools necessary to weather it more smoothly, during October’s Menopause Awareness Month and all year long.

Chef Mareya Ibrahim is ‘America’s Fit Foodie’ and the award-winning inventor behind the eatCleaner® Line of food safety products, as well as the best-selling author of Eat Like You Give A Fork: The Real Dish on Eating to Thrive

and signature chef behind The Daniel Plan. Now, the beloved healthy living coach behind the five-star rated “Recipes for Your Best Life” podcast brings her trademark wit and upbeat humor to the task of normalizing (and celebrating!) menopause.

“Every woman deserves to feel complete during menopause” explains Mareya. “There is no part of you that is lacking - even if our hormones have a way of making us feel otherwise. Consider this guidebook ‘happy hormone lifestyle management 101’ to help you re-balance, find that wholeness you crave, and stay joyful through the process!”

Happy Hormones offers readers a step-by-step cheat sheet of the top foods to focus on, smart supplements, and key lifestyle changes that support a smoother transition. this comprehensive Happy Hormones download breaks down:

1. The best foods to eat
2. Hydration
3. Supplements
4. Sleep
5. Exercise

6. Lifestyle habits

In these 20 deliciously digestible pages, Mareya opens up about:

- Her own journey into menopause (“Am I having a heart attack?! Am I pregnant?!”)
- How to know when “you’ve arrived” (“the look of concern on my husband’s face validated the fear I started to feel, that officially I was aging”)
- What to do next (“your hormones don’t have to run like wild horses - you’re not on the end of this leash!”)

Relying on nature’s food remedies - which are “way more fun to enjoy than taking a pill” - and a refreshingly holistic approach, she outlines ways to help balance hormones through clean eating swaps, strategic hydration, and strength-building exercise. Plus, find totally doable pro tips for better rest (“small shifts make a huge difference!”), and get the scoop on Mareya’s own personal regimen of high-quality, food-based supplements to promote optimal wellness.

Get the ultimate resource for achieving your best life during menopause - [for FREE HERE](#). Reclaim the balance and joy that can be found in the midst of one of life’s most powerful rites of passage. Visit www.Mareyalbrahim.com to learn more about Chef Mareya’s revolutionary food philosophy, plus explore a growing collection of good-for-you recipes that actually taste good and lifestyle tips for “living deliciously.” Follow @eatcleaner on Instagram for plant-based product releases and connect with Chef Mareya on Facebook or on her smash-hit podcast, Recipes for Your Best Life - available now on iTunes.

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About Chef Mareya, “The Fit Foodie”

Mareya Ibrahim is “The Fit Foodie” - a renowned chef, holistic nutrition coach, award-winning mompreneur/ inventor, and author of The Clean Eating Handbook, along with the #1 best-seller Eat Like You Give a Fork: The Real Dish on Eating to Thrive (St. Martin’s Griffin). She is the founder of Grow Green Industries, Inc. and the creator of the Eat Cleaner® line of plant-based food wash and wipes. She is also a signature chef and key contributor to the NY Times best-seller The Daniel Plan: 40 Days to a Healthier Life by Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman. Since 2011, she has inspired and informed Southern California residents through the “Fit Foodie” column in Edible Orange County Magazine. In addition to providing a growing catalog of more than 500 original how-to cooking videos on YouTube, she is a featured chef on The Food Network, eHow.com, LiveStrong.com, and the Emmy-nominated show “Recipe Rehab.” Visit www.Mareyalbrahim.com to learn more about Chef Mareya’s revolutionary food philosophy, plus explore a growing collection of good-for-you recipes that actually taste good and lifestyle tips for “living deliciously.” Follow @eatcleaner on Instagram for plant-based product releases and connect with Chef Mareya on Facebook or on her smash-hit podcast, Recipes for Your Best Life - available now on iTunes.

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