

How to eat your way to a healthier planet

People are busy and when they remember to eat, often grab something fast and convenient with little thought to what they are putting in their bodies let alone how it might be impacting the environment. Each of us is likely thinking that we are just one person and what we do doesn't really matter. But that isn't true, says Ximena Yáñez Soto (first name pronounced He-men-a). She'll explain that what we do as individuals is not just a matter of free choice but is crucial to saving the planet and recovering our health. Ximena says it isn't really our fault that we don't know how to eat well but it is time that someone taught us. She is an experienced radio, TV and podcast guest fluent in Spanish and English who spent more than 20 years as the Chief Financial Officer of Fondo Mexicano para la Conservación de la Naturaleza, a major Mexican environmental fund. Now an award-winning and Certified International Health Coach, she is the author of the book *Healthy Planet, Healthy You - Simple Habits to Create a Brighter Future*.

Bio: Ximena is a certified Level I and II Reiki practitioner, a yoga instructor, and a Certified Integrative Nutrition Health Coach who trained at the Institute for Integrative Nutrition (IIN) in New York. She has a bachelor's degree in public accounting from Instituto Tecnológico Autónomo de México and completed the credits of a master's degree in information technology and business from the same institute.



To date, Ximena has appeared on the KAH1 Noon News with Mary Jane Popp, the Saturday Spotlight Show with Dan Gaffney, the Rhett Palmer Talk Live with David Walsh, WRUU 107.5 Savannah OE with Andarge, Searching for Integrity with John Smith, WCRN The Frankie Boyer Show with Frankie Boyer, KMA Morning Show with Carson Schubert, and Environmental Directions with Nancy Pearlman. She also has appeared on the following Spanish language programs: "Fernanda de Noche" TV show, where she did a regular yoga segment; "GeneraDora de Luz"; "Eskucharadio" radio program; "CO-VIDA-TON"; and Radiante FM.

SHOW IDEAS:

- Who is to Blame for Overweight Children?
- Are You a Victim of Food Industry-Created Addiction?
- Have We Been Manipulated about Animal Protein?
- Would You Be Able to Look Your Great-Grandchild in the Eye?
- Is What You Are Putting In Your Mouth Ruining the Environment?



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