

Wellness

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MAGAZINE

NOT
GETTING
ENOUGH
SLEEP?

HOME SPA
ESSENTIALS

5 FACTORS
OF AN
EFFECTIVE
EXERCISE
PROGRAM

AND A **WHOLE**
LOT MORE!

An
Interview
with

Sara
Snow

Star of Discovery Health & FitTv



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By Angela Eward-Mangione

Sara Snow has been called “first generation organic”, and “green living’s real deal” and it’s easy to see why. Sara grew up surrounded by organic gardens, compost heaps and a family with an infectious passion for green living.

It’s a Saturday afternoon, and you are browsing the internet for ingenious ways to make your family’s life greener and healthier. Your search takes you to a website for someone who is smart and down-to-earth. As you explore her website, words like “green,” “organic,” and “the real deal” pop up alongside the photograph of a fresh-faced, slender woman. In her photographs, she’s usually outdoors in the sunshine, amidst the green grass and trees. In other photographs, she’s in the kitchen amongst an array of colorful fruits and vegetables. She always looks calm and composed despite the busy schedule you know she maintains with writing, speaking engagements, traveling and her shows. Then, it strikes you: You’ve seen this woman before on TV and in other newspapers and magazines. In fact, on one of her shows you saw her learning to surf with Jeff Johnson, a Nutritionist for Kashi. Her name is Sara Snow.

Sara’s past includes a successful career as an Emmy-award winning television producer and news reporter/anchor. Seven years into her

career, though, she made an enterprising decision to leave and create her own TV series. As Sara detailed in an interview at the 2007 San Francisco Green Festival: Although she was still living the healthy and mindful lifestyle she had become accustomed to growing up, getting up at 3 a.m. every morning for work was taking a toll on her health and happiness. No longer in rhythm with the natural sun patterns, Sara did not feel like herself anymore. Rather than ignore or suppress her natural instincts, she adapted and evolved. *Living Fresh and Get Fresh with Sara Snow* (Discovery Networks), which Sara launched after leaving her other previous producing and news reporting work, offers practical advice on living green. Through these shows, Sara has been able to reach millions of viewers with information about how to take simple and attainable steps toward living a green life.

Step by Step with Sara

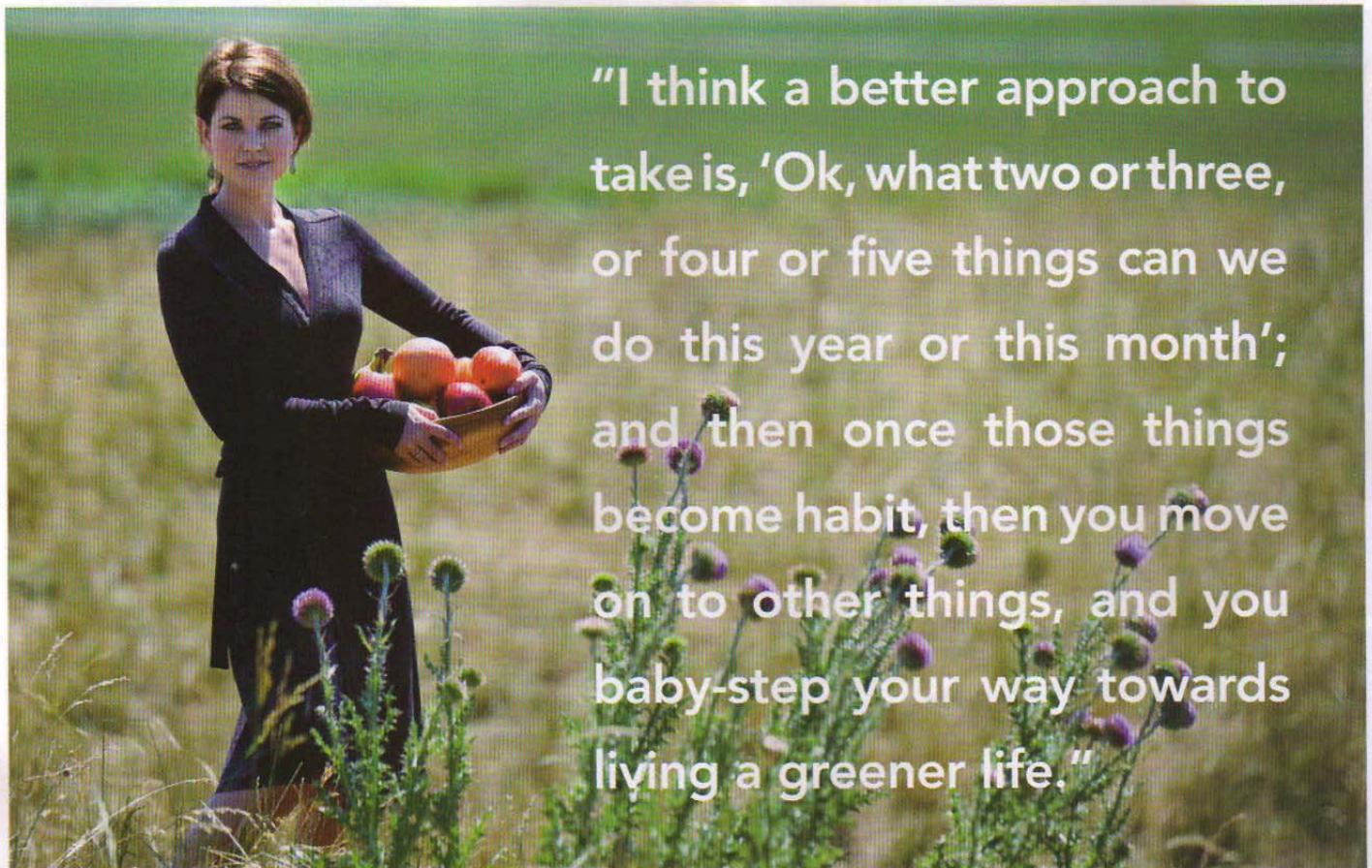
"Steps" are an important concept for Sara when thinking about how to help her fans get green and healthy. Many of us know that we want to make changes; we simply

feel overwhelmed when we try to figure out how and where to get started. Should we start outside or inside, for example? And how we can be sure that we don't take on so much that we ultimately doom ourselves to surrender? "It's difficult if someone looks at it in terms of 'I'm going to green my life,' or if somebody looks at like, 'Ok, this year I'm going green top to bottom,'" Sara agrees. "That can be overwhelming and difficult in that circumstance. But it doesn't have to be that way, and it doesn't have to be all or nothing for someone, especially for a family just starting out. I think a better approach to take is, 'Ok, what two or three, or four or five things can we do this year or this month; and then once those things become habit, then you move on to other things, and you baby-step your way towards living a greener life.'"

The baby-steps Sara teaches her fans through her TV shows, speaking engagements, and her new book are steps that were ingrained in her by her own green and healthy family. Sara grew up surrounded by organic gardens, compost heaps, and a family with a passion for green living. "I grew up in a home that was definitely different from most people," Sara explains. We ate food that we grew

primarily ourselves in our garden. We didn't have a furnace in my home when I was growing up, so we heated with passive solar heat and a wood stove, and we lived a life that was very much focused on living in a low impact and sustainable way."

Sara's father, Tim Redmond, co-founded Eden Foods, American Soy Products, and Blue Horizon Organic Seafood. Sara details how this affected her earlier life: "Because my dad was a pioneer in the natural and organics movement, we had access to very natural, wholesome foods that were not necessarily available yet all around the country. Also, he was trained under macrobiotics principles, and under macrobiotics chefs, and worked as a macrobiotics chef in Boston for awhile. So, a lot of our foods fell in line with the macrobiotic diets. That was the diet we adhered to, and even today, I would say that is the food practice that I most closely fall in line with." One foundational principle of the macrobiotic diet is that food and food quality affect our health and well-being. It is a lifestyle, not a diet. Macrobiotic diets typically emphasize locally grown whole grain cereals, legumes, vegetables, and fruit. These foods are combined into balanced meals.



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Eating Fresh and Healthy with Sara

So what does Sara eat in a day, and does she ever cheat? "Generally, my breakfast is either some sort of whole grain cereal, usually gluten free only because I know my body, and my body doesn't like wheat that much. Or, my other breakfast of choice would be one egg with some greens, like sautéed spinach or just on a bed of lettuce. Lunch is either a little bit of soup or some sautéed vegetables or a salad. Dinner varies. I would say that my favorite dinner is sautéed vegetable and brown rice or soup. I don't eat a very exciting or varied diet, but I know those foods make my body feel the best and that I digest them the best."

As for "cheating," Sara explains that healthy eating, particularly through the principles of the macrobiotics diet, is a lifestyle, not a diet for her. She also knows that there are healthy options for the foods she enjoys. "I have a terrible sweet tooth," Sara admits. Some of us dive into a pint of ice cream when we want to indulge that tooth. Sara, however, makes smarter choices: "I might have some organic dark chocolate, some gingersnaps, or something like that...I



Tea Testing

definitely have desserts, and every once in a while I might have a couple of French fries or something like that." Her ability to indulge with reason and sensibility is something else she inherited from her parents who always encouraged her to go ahead and have an occasional sweet treat

if a friend offered. They also advised her to pay attention to how those foods made her feel. "We are what we eat. It affects our physical health, mental health, our energy, and our energy states. It affects so many different things in so many different ways, and it's important to remember that." Sara retains this advice in her present life. She maintains a constant mindfulness of how the foods she eats affects her and makes her feel. She advises us to do the same.

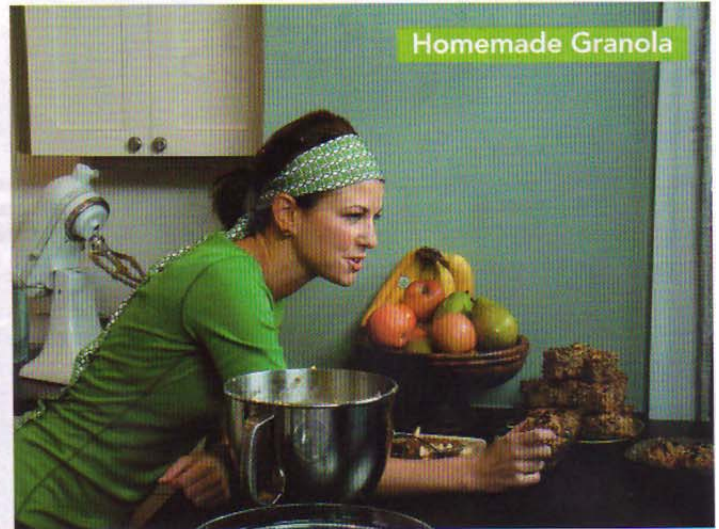
Making Gazpacho



A Green Future with Sara

So what does the future hold for Sara Snow? Fortunately for us, Sara plans to keep helping us learn what steps we can take to create health in our lives. Although this is not always an easy task, Sara knows that living green is more feasible in our day and age than in the past: "There are so many more products, the accessibility to organic and natural foods is so much greater...The opportunity for people to get their hands on those things has increased dramatically."

One resource that Sara now offers is her new book, Sara Snow's Fresh Living: The Essential Room-by-Room Guide to a Greener, Healthier Family and Home. "I arranged my book in a room by room approach," Sara explains. "I did it that way very intentionally, because if someone tries to go green top to bottom in their home all at once, it can be overwhelming and probably will result in them throwing their



hands in the air and saying, 'Ok, I've had enough'...Pick the room of the house that resonates most with you and start making those changes there," Sara advises (you can use her book to decide what changes you want to make, by the way). "Or, for people who don't necessarily have a preference, I tend to think that the kitchen is the room that makes the most sense to start in, because it's where we make all of our food choices, and it's also where so many other family decisions happen." Any one of us is capable of picking a room and choosing what changes to make. "It is for everyone and anyone wanting to make changes in their life," Sara confirms. So whether you're a novice or somewhat advanced, Sara's book has something for you.

Be sure to check out Sara's website, www.sarasnow.com, where you can learn more about her, order her book, check out her recipes, and more. Thanks to Sara for offering our community this interview with her. ●

Sara's TV series air on Discovery Health and FitTV, she can be seen on CNN.com LIVE Thursday nights, she's a featured blogger on Treehugger.com, host of the newest Gaiam's DVD, Growing Green Babies, and author of her highly anticipated new book, Sara Snow's Fresh Living; The Essential Room-by-Room Guide to a Greener, Healthier Family and Home.

