

Sherry Hess - Founder of the Flavor Remedy, Saving the Earth One Flavor at a Time

In this episode:

- Sherry enthusiastically explains the concept behind the Flavor Remedy and how it embodies the thought of *life creating life*.
- She digs deep into her life experience and how it inspired her that she can combine nutrition with Earth's exciting flavors.
- Sherry explains how years of agricultural changes led to nutritional and taste impacts as a trade-off for greater yield.
- The many flavor experiences, its distinctions and the amazing nutrition embodied in it.
- Sherry highlights how the connection between living flavors and nutritious-filled eating impacts the Earth in a sustainable manner.
- Sherry shares her beliefs regarding diet culture and flavorful yet nutritious consumption of healthy foods.
- She discusses the overwhelming yet satisfying journey of advocating for a healthier, more organic and life-filled Earth.

Sherry Hess is the Founder of The Flavor Remedy and the host of her show Let's Talk Taste with Sherry, Saving the Earth One Flavor at a Time. Sherry believes that, one taste bud at a time, we can save our health and the health of the planet. When we are aware of our bodies and the flavors we consume, we can eat with zero guilt and complete pleasure in a way that supports our bodies. Flavor is meant to be celebrated, appreciated, and understood as the most primal language we use to nourish our mind, body, and spirit.

As an advocate for our sense of taste, Sherry is here to stand up for flavor, to shine a light on the imposters who pretend to be nutritious, and to educate you about why it's important to pay attention to the five flavors your senses were born to experience: salty, sweet, sour, bitter, and umami. It's time to take back pleasure in eating and to do it in a way that supports your body. By understanding the nutrition that flavors represent, you can embrace your desire for delicious food rather than resist it. By embracing the flavors and balancing them on your plate, you can also balance the nutrition you consume.

The most rewarding part of Sherry's work is that she gets to create a direct connection between the health of the planet to the pleasure of the human experience of eating. By practicing delicious environmentalism, we get to connect the wisdom of nutritious soils to a pleasurable experience for humanity. Through our senses, we can truly save the Earth one flavor at a time.

Quotes from this Episode:

“Each flavor experience has a purpose for our bodies. It’s got nutrition behind it.” – Sherry Hess

“Human beings are just like little versions of the big planet.” – Sherry Hess

“We’re just little reflections of what’s happening to the soil.” – Sherry Hess

“If we just prioritize flavor equaling nutrition, and if we stop letting manufactured flavor be what we keep eating, it’s going to demand changes. It’s going to require that we treat the Earth differently.” – Sherry Hess

“When you introduce more things to your body, your body learns to like more things. You lean into things that will support your body.” – Sherry Hess

3 Pearls of Wisdoms:

“Sweet never comes alone in nature. It’s so much better when it comes in whole package.”

“Our body knows, it’s there to be a nutrition detector.”

“Read labels and understand what you’re putting in your body.”

Resources:

Sherry Hess - Founder of the Flavor Remedy, Saving the Earth One Flavor at a Time

Website: www.flavorremedy.com

Facebook: <https://www.facebook.com/sherry.hess>

LinkedIn: <https://www.linkedin.com/in/sherryhessflavorremedy/>

Instagram: <https://www.instagram.com/flavorremedy/>

Link to the show: <https://www.kamiguilddner.com/ewr-sherry-hess-202/>

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Timestamp:

29:15 – 30:50 – Breaking away from the misconception of diet culture and how nutritional yet
flavorful foods can be consumed for a healthier you.