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**Lauri Boone Author of Powerful Plant Based Superfoods**

Lauri is a registered dietitian, speaker, writer, and author of *Powerful Plant-Based Superfoods* (Fair Winds Press, 2013) and *Superfoods for Life, Chia* (Fair Winds Press, January 2014). A member of Dietitians in Integrative and Functional Medicine (a dietetic practice group of the Academy of Nutrition and Dietetics) and graduate of the Institute for Integrative Nutrition, Lauri has a passion for good food and clean eating, and emphasizes a whole foods, holistic approach to health and wellness.

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