



Turning Illness Into Wellness

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I send blessings and love to you and yours for a breakthrough new year.

I have been working with Bauman colleagues to bring **Eating for Health™** to China, Africa, and other parts of the world. Why, you might ask? I love connecting with soulful friends who want to grow and are not wed to a techno — AI supreme — short attention, quick-fix culture. The U.S. health market has become glutted with profit first podcasts, programs, and product pitches. I take the road less traveled, offering empowering holistic nutrition and integrative wellness education, my dharma path of service.



Did you know that 2026 is the **Year of the Horse** in the Chinese zodiac, specifically the rare **Year of the Fire Horse**, beginning on February 17, 2026 and ending February 5, 2027. This fiery combination signifies intense energy, independence, and transformative change — encouraging bold action and self-expression — with the Horse symbolizing vitality, freedom, and perseverance.

What to Expect

Action-Oriented: A year for swift movement, dramatic shifts, and pursuing goals with fiery zeal.

Independence: Amplified desire for freedom and breaking away from restrictions.

Social Opportunities: Increased chances for social connection and creative expression.

Cultural Impact: Often associated with upheaval and redefining identities.

My theme this year is **Turning Illness Into Wellness**.

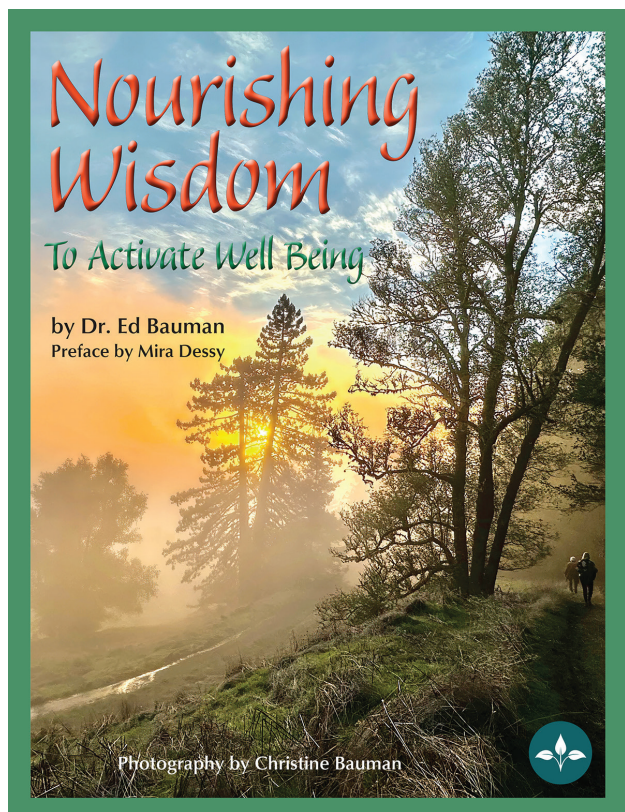
That goes for individuals, communities, and our world. My mantra is “learn, practice, teach” every day. No matter what age or stage of life we can learn to be well. The trick is in choosing nourishing food, information, and friends, and filtering out the deceit, toxicity, drama, and trauma. Choice is our super power. Let’s use it wisely this year.

I work with three types of people:

1. folks who are well and knowledgeable who want training to sharpen and diversify their skills to support family, friends, and clients,
2. folks struggling with chronic health issues who want to become more resilient, and less dependent on costly treatment,
3. folks with serious illness who need a wellness plan, accountability partner, and medical advocate to improve their quality of life.

Introducing Nourishing Wisdom to Activate Well Being

This is my latest and most wonderful book to date. I wrote it to offer an antidote to the gloom and doom of the daily news cycle. Each of the 100 articles has inspiring and practical information you can apply right now, supported by gorgeous photography by my creative wife, Christine Clay Bauman.



We will be having a **Book Release Party** on January 15 @ 4 pm PT at **Bauman College** on the **National Holistic Institute** campus in Emeryville, California. Join me in person at NHI or tune in via Zoom:

<https://us06web.zoom.us/j/88233408794>

Meeting ID: 882 3340 8794

Passcode: 115

Let me know if you would like to invite me to host a **Nourishing Wellness Book Release Party** for your organization, church, business, or circle of friends. It can be in-person, virtual, or hybrid.

EdBauman.com Wellness Library

I invite you to browse the stacks of the free wellness library to enjoy empowering, commercial-free, audio, video, blogs, and white papers. Check out my latest blog on my largely favorable critique of the **2025 Dietary Guidelines for Americans**. While you are on the website, have a look at the programs and services I offer. My self-paced **Eating for Health™** course is a fun learning tool that introduces the foundation of my clinical and community nutrition work.

In closing, I encourage you to wear more red, the color of the **Year of the Fire Horse** and be more proactive in choosing peace, joy, diversity, and creativity to expand our circle of well-being.

Stay warm and well. We are better, together!