



Local News

<https://bakersfieldnow.com/news/eyewitness-mornings/celebrating-vegetarian-awareness-week-with-yams>

<https://bakersfieldnow.com/news/local/keto-friendly-and-gluten-free-bakeries-popping-up-across-kern-county>

<https://bakersfieldnow.com/news/eyewitness-mornings/celebrating-one-of-americas-favorite-condiment-for-national-mustard-day>

<https://bakersfieldnow.com/news/eyewitness-mornings/healthy-halloween-snacks-10-29-2018>

<https://thepicdeer.com/im/BsOrKDygUXL>

Bustle

<https://www.bustle.com/p/11-things-it-can-mean-for-your-health-if-you-easily-fall-asleep-during-the-day-10201049>

First for Women Magazine

<https://www.pressreader.com/usa/first-for-women/20181226/284086322648593>

Functional Diagnostic Nutrition Association

https://www.facebook.com/FunctionalDiagnosticNutrition/videos/1810323152348904/?hc_ref=ARTQdykHxF-

[https://www.facebook.com/FunctionalDiagnosticNutrition/videos/1810323152348904/?hc_ref=ARTQdykHxF-oVex81yIjEiudOWxF0IJsKKsD70s7VeSINaCJbUnhaZXhI077Vda5Ef8&_xts__\[0\]=68.ARAkHAf4CJm5HeU97nCVgEAnVxPPasjZs1HaZaMsm1GzOoKzPkKUGs0kzlQeTMKP-ZHgM-_X38HKjU8R8ckKhfRFjmXEZISCxLw1BLvf62ALRUnLCD6ue_q_KjU5rZbh-4l-IbtyWbk5cHS6VMN7uLk2aGIM0OWphxgbTx_5JBQkgjwxawTZnOsnx3D2AgEqI_mMl_CTuzQs2_ohwCglUrBnM3PCPs5ucjzM6ZMzH3IwJaXAndcYW4UQaKT26tkghhtOdTJ3EPScUudHxtXa6Vez_Ka5pjIgRXGMq_YCn_UN1BE7PPNOMR6-JrdVHxAhw1YxgFVT54YDahYBYYmouyVwjKLmAPm5oB8e4onoaLObAL8-D7BBsNzHQ&_tn_=FC-R](https://www.facebook.com/FunctionalDiagnosticNutrition/videos/1810323152348904/?hc_ref=ARTQdykHxF-oVex81yIjEiudOWxF0IJsKKsD70s7VeSINaCJbUnhaZXhI077Vda5Ef8&_xts__[0]=68.ARAkHAf4CJm5HeU97nCVgEAnVxPPasjZs1HaZaMsm1GzOoKzPkKUGs0kzlQeTMKP-ZHgM-_X38HKjU8R8ckKhfRFjmXEZISCxLw1BLvf62ALRUnLCD6ue_q_KjU5rZbh-4l-IbtyWbk5cHS6VMN7uLk2aGIM0OWphxgbTx_5JBQkgjwxawTZnOsnx3D2AgEqI_mMl_CTuzQs2_ohwCglUrBnM3PCPs5ucjzM6ZMzH3IwJaXAndcYW4UQaKT26tkghhtOdTJ3EPScUudHxtXa6Vez_Ka5pjIgRXGMq_YCn_UN1BE7PPNOMR6-JrdVHxAhw1YxgFVT54YDahYBYYmouyVwjKLmAPm5oB8e4onoaLObAL8-D7BBsNzHQ&_tn_=FC-R)