

# Testimonials from HBD Class participants in 2023.

**DR. PATRICIA SMITH**  
**REGISTERED DIETITIAN**

**VEGAN CHEF**  
**SANDI MORAIS**



**Health by Design USA, Inc.**  
**(407) 745-9851**



**Thanks to everyone who participated in the October 2023 ONLINE COOKING CLASSES PRESENTED BY HEALTH BY DESIGN USA, INC.**

**IN PARTNERSHIP WITH HEALTHY WEST ORANGE**



Hi Dr. Smith,

These are some comments from the cooking class.

ONLINE COOKING CLASSES  
PROVIDED BY HEALTH BY DESIGN USA.  
IN PARTNERSHIP WITH HEALTHY WEST ORANGE  
2023

**COMMENTS FROM PARTICIPANTS:**

***"What an awesome online cooking class. Thank you Chef Sandi and Dr. Patricia Smith for the opportunity to learn healthy cooking."***

**- Gloria Dawkins**

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***"Great online cooking classes." - Lorna Owens***

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***"I have learned so many ways of making healthy meals in the online cooking classes with Chef Sandi and Dr. Smith."***

**- Michelle**

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***"Awesome presentation of the cooking classes with lots of colors." - Gloria D***

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***"I want to take a moment to thank all those who make it possible for us to experience amazing ways to expand and enjoy our knowledge in healthy food choices and become the "physician in our kitchen" quoting Chef Sandi. I am so thankful! , as I have grown older my health has actually begun improving listening to Dr. Smith and following along with the fun and easy recipes classes. All a "power house of nutrient." to quote Dr. Smith. Again, I am blessed and thank God for your continued care and attention provided to us. You are all greatly appreciated."***

**-Cheryl Howell**

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***"Amazing online cooking class with Dr. Smith and Chef Sandi."***

**- Azoria**

*One participant wrote in the Health by Design USA WhatsApp CHAT, thank you for the scale, now I can weigh myself every week, I see that I have reduced my weight by 9 lbs. Since I have joined your program in January,*

*Another reported, my name is Carmen, I have always wanted to lose weight and eat healthier, thanks for your classes with Chef Sandy, Now I follow a low-fat cooking method, I use the scale to monitor my weight, On Mother's Day I was able to fit into my special dress, because I have lost 18 lbs since January. Keep up the good work.*

*Mr. Joseph continues to give thanks for the Health by Design Programs. He reported, that since he has been involved in the program, He has lost over 25lbs of body weight, his blood pressure is under control, and he has been able to avert going on dialysis.*

*My name is J. Dixon. I am a diabetic and I also have high blood pressure. I was so frightened to learn that my blood pressure was so high, thank you HBD for taking it for me. Because of you, I went to my doctor, and now he put me on blood pressure medication. Thank you for the blood pressure machine. I monitor my pressure every day. I am cutting out some of the salt and fat out of my diet now, so that my blood pressure can remain stable, and I can come off the blood pressure medicine. (He did not come to the online class, he participated via our community outreach program).*

### **Students' comments: Screen shots from Class Chat**

#### **Testimonials from participants**

My name is G. Dawkins, I am thankful for the online cooking classes provided in October 2023 by Dr. Smith and Health by Design USA Inc. It coincided with my husband's recent medical condition that he needed to change his diet. I enjoyed the easy to prepare and nutritious recipes demonstrated by Chef Sandi Morais and was impressed with her professionalism. After each class, I made the recipes for my husband and over time I noticed a change in his health. All my friends enjoyed the classes as well. Thank you, Dr. Smith and Chef Sandi. I look forward to taking more classes.

TO WHOM IT MAY CONCERN: DECEMBER 28th, 2023 May I start by saying that a few years ago when I first started to invest in my health. The first thing I did was to pray and ask God to open my mind to gain a better understanding of what steps I needed to take. Thankfully, redemption came in the form of an invitation to join some Zoom cooking classes with Dr. Smith and Chef Sandi Morais. The classes were amazing. Chef Sandi demonstrated quick, easy and healthy recipes. Dr. Smith, taught me how many of the vitamins and minerals we need to balance and fuel our bodies can be lost or preserved, depending on the way we cook or prepare certain foods. I now have a better understanding of balances, in the science of pairing and preparing foods, measuring and learning our relationship with foods. Over the five weekly classes - most all lasting two hours at a time -we really had the opportunity to ask questions and have all our questions answered. As a senior who suffers from mobility issues, Obesity, Congestive heart failure and C.O.P.D, and the late onset of type 2 diabetes, I finally feel I have the directions and motivation I needed from participating in the cooking classes. Thank you to the sponsors that helped, by bringing programming like these to our community, especially those of us on a limited income. What a fanatic opportunity. I look forward to taking more classes. Sincerely, C. Howell.

My name is S. Morais, I have been the Vegan Chef and Culinary Instructor working with Dr. Patricia Smith and Health By Design USA Inc., for the past 5 years. I am

truly honored to work with an organization that has a passion for health and wellness. I commend Dr. Smith for all her efforts to create different teaching programs to bring awareness on High Blood Pressure, Heart Disease, Obesity and Diabetes to the under served communities. The programs are very helpful for people in the communities that have limited resources and limited access to transportation. Many people in the communities have benefited from the programs. We are very thankful to Healthy West Orange for their financial sponsorship that is helping to make these health and wellness programs possible. We look forward to your continued support. Sincerely, Vegan Chef Sandi Morais [www.vegantuneupcafe.com](http://www.vegantuneupcafe.com)  
786-797-1728 (Cell)

I had the distinct pleasure of attending Health by Design USA, INC. cooking classes with Dr. Patricia Smith and Vegan Chef Sandi Morais. The cooking classes were exciting, and the recipes were simple and easy to follow. I have been able to duplicate the recipes at home so they are now apart of my wellness journey. The classes are life changing and I encourage everyone to take the classes. I will happily take other classes presented by Healthy By Design USA, Inc. Thank you Chef Sandi and Dr. Smith for making a difference in my life. ~ Lorna Owens

*Six participants wrote in the Health by Design USA WhatsApp CHAT, thank you for the scale, now I can weigh myself every week, I see that I have reduced my weight by 9 lbs. Since I have joined your program in January,*

*Another report, my name is Carmen, I have always wanted to lose weight and eat healthier, thanks for your classes with Chef Sandy, Now I follow a low-fat cooking method, I use the scale to monitor my weight, On Mother's Day I was able to fit into my special dress, because I have lost 18 lbs. since January. Keep up the good work.*

*Mr. Joseph continues to give thanks for the Health by Design Programs. He reported, that since he has been involved in the program, He has lost over 25lbs of body weight, his blood pressure is under control, and he has been able to avert going on dialysis.*

*My name is R. Bodley. I am a diabetic and I also have high blood pressure. I was so frightened to learn that my blood pressure was so high, thank you HBD for taking it for me. Because of you, I went to my doctor, and now he put me on blood pressure medication. Thank you for the blood pressure machine. I monitor my pressure every day. I am cutting out some of the salt and fat out of my diet now, so that my blood pressure can remain stable, and I can come off the blood pressure medicine. (He did not come to the online class, he participated via our community outreach program).*

*HBD Has had many similar comments from several other participants. BEET SALAD below:*

