

**Sherry Hess** is the creator and founder of Legendary Spice where they believe in Flavor with Intention. She creates spice blends using both her culinary background and her personal experience of taking supplements for health. She has studied and visited cultures that have been using herbs and spices for both preventative and healing modalities for lifetimes. Inspired by her passion for mindful eating and experiencing flavor, she created her company with the belief that herbs and spices should be part of our daily tasting experience, not just buried in a capsule or hidden in a super powder. Sherry's vision of this company extends beyond the spices themselves by providing educational guidance that enables us to trust our sense of taste again. By advocating naturally grown foods, experiencing flavor and setting intentions for our bodies, her philosophies create a mindset for recognizing proper nutrition on an individual basis. Her aspirations for Legendary Spice include mindful eating retreats, supporting organic/wildcrafted/biodynamic gardening, and traveling to cultures that embrace these values. You may read more about Sherry by visiting [www.legendaryspice.com](http://www.legendaryspice.com)

