



LIVING WELL. ARTFULLY. CLEVERLY.

Newsletter

Copy
of Past
Edition

June 20, 2024, Edition

Dear Friend,

Hello, and welcome to the second edition of our newsletter, LWAC – Living Well Artfully Cleverly. I'm Kevin Keith Whitehurst, CEO of Arthealthnut.com. We're excited to share more wellness insights and of course, more artwork! Your support inspires us to blend art, health, and optimism in everything we create. Follow us for updates and join our journey towards living well. Thank you for being part of our community!

With gratitude,

A handwritten signature in black ink that reads 'Kevin'.

Kevin Whitehurst
CEO and Founder of [Arthealthnut](https://Arthealthnut.com)

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- Art Spotlight
- Children Living Well: AI and Children's Education
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Favorites From the New Collection



[To Raise a King](#)

103K views on TikTok



[Your Undeniable Aura](#)

4835 views and growing on Instagram

Art Spotlight

The Red Onion Academy



[Red Onion Academy](#)

Step into the world of Red Onion Academy, where intellect intertwines with imagination, and the journey of young minds is celebrated with every brushstroke. At Red Onion Academy, intelligence is not just nurtured; it's revered, and empathy is the guiding light that shapes the future. This masterpiece, a creation of profound depth and whimsical charm, encapsulates the essence of childhood brilliance and the transformative power of education.

In this vibrant setting, our young protagonists embark on a journey fueled by curiosity, guided by wisdom, and enriched by the values of excellence and creativity.

At the heart of this captivating narrative are the children themselves, portrayed as radiant beings of potential, adorned in the colors of the United States flag – a testament to their spirit of resilience and patriotism. Yet, there's a playful twist to their depiction as robots, symbolizing not just their capacity for learning, but their ability to adapt and thrive in an ever-evolving world.

Beside them stand their fathers, affectionately dubbed "Dad scientists" – a delightful homage to the whimsical world of invention and discovery. **Together, they represent a harmonious blend of tradition and innovation, where parental guidance meets the boundless horizons of youthful ambition.**

But what truly sets "The Red Onion Academy" apart is its subtle yet profound symbolism. The buildings, crowned with roofs resembling red onions, serve as a poignant reminder of the importance of good health. Each brushstroke whispers the message of nourishment, of nurturing both body and mind, for a prosperous and fulfilling existence.

[See the piece](#)

Children Living Well: AI and Children's Education



[Image by freepik](#)

In reference to the art spotlight article, "Red Onion Academy", the growing concern of how effective our approach to children education is noted. Everyone has read about the studies that reveal some disturbing results of how social media impacted our youth. Experts believe that this was overlooked in education and want to avoid this same mistake with AI. Likewise, they believe that **now is the time to open the conversation, make some decisions, and influence regulators**. The good news is there are some stellar professionals that are gaining ground on this issue.

I encourage you to look at the links to the videos provided below. After seeing this, we felt better that the opportunity to impact education is guided by the right people.

With guidance, an education system may realize the potential benefits of AI to improve learning outcomes, support teacher instruction and quality of life, and enhance educational equity.

Without guidance, teachers and students can be exposed to privacy violations, inconsistent disciplinary consequences, and counterproductive AI adoption practices.

[Foundational Policy Ideas for AI in Education: Webinar 1\(9am ET session\) \(youtube.com\)](#)

[2024 AI+Education Summit: What do Educators Need from AI?\(youtube.com\)](#)

[AI Guidance for Schools Toolkit \(teachai.org\)](#)

What's New in ART!

Introducing “Demure-Debonair”: Elevate Your Greetings with Artistic Flair



[Demure-Debonair Cards](#)

Step into a realm where art and heartfelt expression intertwine seamlessly.

Welcome to Demure-Debonair, an exquisite collection of cards brought to life by ArtHealthNut visionary creations. Far beyond the ordinary, these cards are a testament to the power of art to transcend boundaries and connect souls.

Each card in the Demure-Debonair collection is born from the essence of ArtHealthNut diverse artistic endeavors, ensuring a tapestry of visual delights that captivate and inspire. But these are no ordinary greeting cards; they are crafted with a purpose—to **uplift, to celebrate, to cherish.**

The name Demure-Debonair embodies a duality of style and persona, embracing both the feminine and the masculine energies that grace our lives. It speaks to the sophistication and charm inherent in each piece, offering a nod to the diverse expressions of beauty found within.

At the heart of every card lies a poetic narrative, a story woven with words that resonate with grace and profundity.

Carefully curated to complement the accompanying artwork, these poems transcend mere rhyme, imparting a message of positivity and enlightenment.

Thought-provoking and poignant, they serve as beacons of inspiration in a world yearning for hope and joy.

But it doesn't end there. Each card is crowned with a tagline that encapsulates its essence—a succinct reminder of the sentiments it conveys. Grounded in themes of optimism, wellness, love, and joy, these cards serve as vessels of appreciation and admiration for life's myriad blessings.

Whether you seek to express gratitude, offer solace, or simply share a moment of levity, Demure-Debonair has a card for every occasion. From heartfelt compliments to humorous anecdotes, from celebrations of achievement to declarations of love, these cards are a testament to the art of thoughtful expression.

Available in single cards or convenient packages of 10, 20,30, or 40, Demure-Debonair offers versatility and convenience without compromising on elegance. And for those who wish to personalize their message, an option for a blank page ensures that every sentiment finds its perfect expression.

So, step into a world where every greeting is an artistic masterpiece, where words and images intertwine to create moments of connection and delight. Explore the enchanting realm of Demure-Debonair and discover the card that speaks to your soul. Because in the art of expression, there are no limits—only endless possibilities.

Experience the magic of Demure-Debonair today and elevate your greetings to an art form.

Wellness On My Mind

Healthy Eating Trends: 2024 and Beyond



Eating healthy is not just a trend—it's a lifestyle embraced by many. **At Arthealthnut, our fascination with nutrition and sustainability drives us to explore how healthy food is produced and the exciting future of healthy eating.** We're eager to share insights on where the food industry is headed, how we can maintain health, the impact of AI technology on our diets, who the key players are in making improvements, and how innovation is contributing to progress.

Embracing Change in Food Consumption and Dining

If you're intrigued by how food consumption and the dining experience shape our lifestyles, this article will offer insights into the evolving landscape. At ArtHealthNut, we are captivated by the rapid changes in nutrition, dining experiences, and sustainability. In 2024, these elements, along with convenience, are driving significant shifts. Our research sheds light on current trends and how they might influence our future lifestyles, backed by advancements in technology and healthcare. We applaud the pristine professionals that are innovating and make us all feel better about our future.

The Obvious Shifts

The COVID-19 pandemic profoundly impacted the restaurant industry, pushing many establishments to adopt takeout, delivery, and outdoor dining formats. This period also heightened the focus on hygiene and safety, transforming online ordering and delivery services into everyday conveniences. Consequently, consumer choices about food have shifted dramatically. Today, restaurants are offering healthier options, such as plant-based dishes, gluten-free alternatives, and organic ingredients, catering to a health-conscious clientele. Fine dining, while seeing a decline, is being reinvented with an emphasis on ambiance, interior design, and themed experiences to attract health-minded consumers.

[Home Cooking vs Eating Out: The Surprising Health and Financial Benefits Revealed! \(homecookingtech.com\)](https://homecookingtech.com)

Food Culture: Our lifestyle today and tomorrow

Social Media's Influence: Social media continues to shape restaurant and food choices, driving trends and encouraging healthier decisions. Approximately 60% of Americans report that social media content about food and nutrition has influenced their choices, although 68% have encountered conflicting information. The key is to research and verify information to make informed decisions. Social media's role in food marketing is growing, with restaurants actively engaging with customers online to stay relevant and appealing.

In the future, social media influence will grow even stronger. Continued innovation in everything from recipes, restaurant reviews, cooking shows, and cooking classes will be commonplace. Likewise, Chat box will be the norm, as well as the use of AR/VR (Augmented Reality and Virtual Reality.)

[Consumer Research Archives - Food Insight](#)

Healthier Culinary Alternatives: The rise of plant-based cuisine is notable, with dishes like vegan burgers, cauliflower steaks, and lentil-based meatballs gaining popularity. These healthier alternatives cater to the growing demand for nutritious options while reducing unhealthy ingredients like sodium and sugar. Smaller portion sizes are also becoming common, allowing diners to enjoy flavors without overeating.

In coming years, the demand for alternative proteins will accelerate and a wider variety will be available. Plant-based and lab-grown meats, even plant-based seafood and tissue-cultured meat products will be more accessible and innovative.

There will be a significant shift towards personalized nutrition. What this means is restaurants and nutrition companies will cater to individual preferences and dietary needs. This tailored approach aims to optimize nutrition for health, performance, and disease prevention, making healthy eating more accessible and effective.

[Why plant-based diets are good for health | News | Harvard T.H. Chan School of Public Health](#)

[Healthy Food, Diet, Recipe, and Nutrition Tips \(everydayhealth.com\)](#)

Home Delivery and Technology: Home delivery services are booming, with the U.S. online food delivery market projected to generate over \$350 billion in 2024. Pre-prepped dinner kits and meal delivery services are on the rise, making healthy eating more convenient. Additionally, AI is enhancing customer service in online ordering, offering personalized recommendations, and improving accuracy.

[Statistics & Facts about Online Food Delivery Services | Statista](#)

Tomorrow paints an even more interesting picture, where robots will become increasingly noticeable in the food delivery industry. This will be driven largely by the growing demand for food delivery and its convenience. Autonomous delivery robots/vehicles equipped with GPS, cameras, sensors, and other technologies will effectively navigate urban areas.

There is a rise in the number of start-ups and companies leveraging robot-as-a-service, specializing in food delivery. Robot as a Service (RaaS) is a business model that allows companies to lease or rent robots instead of purchasing them outright. This service model parallels Software as a Service (SaaS) in that it provides businesses with access to robotic technology without the significant upfront costs and maintenance responsibilities associated with ownership. To integrate delivery robots quickly and cost-efficiently, restaurants are leveraging robot-as-a-service from startups and companies specializing in food delivery robots. How does this benefit us? This allows businesses to offer deliveries for free or at a reduced price and ensure timely deliveries.

Additionally, food delivery drones have moved beyond the experimental stage and are becoming a common choice for last-mile delivery, particularly in urban areas. As technology continues to advance and regulatory frameworks evolve, the use of drones for food delivery is expected to become even more widespread, transforming how consumers receive their food.

[10 Top Trends and Innovations from CES 2024 - The FoodInstitute](#)

Sustainability: Restaurants are increasingly offering organic, locally sourced, and plant-based menu items in response to heightened awareness of health and environmental issues. Consumers are also prioritizing water stewardship, seeking foods and drinks that require less water to produce. The concept of sustainability is evolving, potentially adopting new terminologies as it becomes more mainstream.

Sustainability will remain a critical focus in the future, with consumers demanding more transparency about the origins and production methods of their food. There will be a greater emphasis on health and sustainability in restaurant menus and operations, with a focus on offering more plant-based options, reducing food waste, and sourcing ingredients from local, sustainable sources.

Lastly, people are learning to make alternative milk products at home, and it is a lot easier than you think.

[How to Make Dairy-Free Milk | Minimalist Baker Recipes](#)

Functional Foods and Beverages: The demand for functional foods and beverages is growing, driven by an awareness of the health benefits they offer. Products enriched with bioactive compounds from medicinal mushrooms and plants are gaining traction, thanks to their antioxidant and antimicrobial properties. These innovations support specific health outcomes, making it easier for consumers to adopt a holistic approach to wellness.

The Functional Food and Beverages Market is expected to reach \$532.98 billion by 2030, at a CAGR of 8.9% from 2023 to 2030. Functional foods and beverages are products that provide additional health benefits beyond basic nutrition. These benefits can include improving overall health, reducing the risk of disease, and promoting optimal physical and mental performance.

[Bioactive Compounds from Medicinal Mushrooms and Plants -Extraction and Potential Application in Foods | Frontiers Research Topic\(frontiersin.org\)](#)

[2024 Food & Beverage Trends Include Mood-SupportingFoods, Function-Focused Hydration, Protein-Packed Snacking, the Rise of AI, andThird-Culture Cuisines - International Food Information Council \(ific.org\)](#)

Immersive technologies like AR and VR are set to redefine the culinary experience. Virtual dining experiences can transport users to different locations around the world, offering authentic cuisine from those regions without leaving home.

VR enables restaurants to extend their reach beyond the physical dining space. Imagine attending a virtual culinary class hosted by your favorite chef or getting a behind-the-scenes look at the kitchen where your meal is being prepared. VR experiences create a sense of connection and exclusivity for patrons.

[How Restaurants Are Using AR/VR to Improve Business and Experience | Square \(squareup.com\)](#)

The rise of cloud kitchens, **also known as ghost kitchens**, will continue to grow, focusing on delivery-only food services. These kitchens reduce overhead costs and allow for multiple virtual brands to operate from a single location.

As we move into 2024, the landscape of healthy food consumption is set to continue evolving. With technological advancements and a greater focus on health and sustainability, the future holds exciting possibilities for both consumers and the food industry. By staying informed and embracing these trends, we can look forward to a healthier, more fulfilling lifestyle.

For further insights and more research, stay connected with ArtHealthNut as we explore these fascinating trends and their impact on our well-being.

Additional references to these trends are in the links below.

[The world's food system needs to change | Unilever](#)
[10 superfoods to boost a healthy diet - Harvard Health](#)
[12 Functional Food & Beverage Trends | WholeFoods Magazine](#)

Quote of the Week

Personality is a superior source of energy.

—Kevin Keith Whitehurst