



LIVING WELL. ARTFULLY. CLEVERLY.

Newsletter

Copy
of Past
Edition

September 12, 2024 Edition

Dear Friend,

As September arrives, we bid farewell to another summer and welcome the beauty and transformation that fall brings. With the change in seasons, we experience shifts in our surroundings, our routines, and our inspirations. At Arthealthnut.com, we embrace these moments of renewal with excitement and creativity. Fall has always been a time for us to explore fresh ideas, unveil new creations, and connect more deeply with communities that share our love for art, wellness, and positivity.

This year is especially meaningful for us, as Arthealthnut.com recently celebrated its 14th month. Reflecting on the journey from our beginnings to now, it's incredible to think how far we've come since July 2023. As we look toward the cooler months ahead, I'm thrilled to share some exciting updates, including sneak peeks from our Vibrant Life Collection, designed to inspire and uplift. Later in this edition, I'll dive into the inspirations behind this collection and the stories it tells.

You may also notice some fresh changes to our branding. We've been evolving our look, and by October 2024, you'll see a refreshed logo and new elements across our platforms. For those of you who have been with us for a while, you've witnessed our journey as we've refined our presence—from our logo to our social media to the website itself. While change isn't always immediate, we believe now is the perfect time to reflect on who we are becoming. I hope you find these updates as exciting and authentic as we do.

Finally, I'm proud to share that our name, [Arthealthnut](https://Arthealthnut.com), and our tagline, "Living Well, Artfully, Cleverly," is in the final stages of trademark approval—a process that has taken 16 months to complete. This milestone represents our commitment to not just art, but to a way of life that embodies wellness, creativity, and mindful living.

Thank you for being part of this journey. Your continued support and enthusiasm mean the world to us.

With warmth and gratitude,

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

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

New Logos

Coming Soon!



Art Spotlight

The Vibrant Life Collection: A Journey of Color, Reflection, and Energy

I'm thrilled to introduce the Vibrant Life Collection, the fifth release from Arthealthnut. This collection holds a special place in my heart, as it features 12 unique pieces that embody the journey I've taken both as an artist and a person. Over the past several months, I've had the privilege of creating new art, connecting with incredible people, and gaining deeper insight into how my work resonates with others. These experiences led me on a path of reflection—about my art, my life, and the countless stories that have shaped me.

With more than 35 years of painting behind me, I'm often reminded of the early days, when my dreams were limitless, and my hope for the future was boundless. Today, I stand in a place of profound gratitude, having realized many of those dreams. My art reflects the experiences I've lived, the people I've met, and the inspirations that captivate me. Recently, while revisiting pieces from decades ago, I felt a deep pull to reconnect with my earlier style—yet infused it with the wisdom and perspective of today.

The Vibrant Life Collection is a celebration of that journey. It mirrors my past work in its bold use of color, intricate patterns, dynamic silhouettes, and geometric shapes. Every piece in this collection reflects not just my artistic evolution, but also the triumphs, growth, and excitement that have defined my life, from my career in healthcare to living in seven major cities in the USA. These are not just paintings—they are expressions of vibrant energy, passion, and the unstoppable drive to live fully.

Stylistically, the Vibrant Life Collection is rooted in both abstract expressionism and cubism-inspired art. You'll notice the powerful use of fragmented forms and geometric patterns that echo cubist influences, while the vibrant colors and emotional intensity carry the spirit of abstract expressionism. The combination creates something that is both energetic and deeply meaningful.

I'm excited to give you a sneak peek at four of the twelve pieces in this newsletter, with the full collection set for release in late September. Each piece tells its own story, and I can't wait for you to experience them firsthand.

If you'd like to stay connected and see more of this journey unfold, be sure to follow me on social media, or feel free to reach out to me directly. I'm always happy to share insights, updates, and of course, the stories behind my art. I hope these works resonate with you as much as they do with me—and perhaps even inspire you to bring one of these vibrant pieces into your own life.

“The Flamboyant Duo”

Featuring Exuber (left) and Rakish (right)



“The Flamboyant Duo” was inspired by my memories of meeting some truly vibrant and unforgettable personalities in Los Angeles during the late 1980s. These individuals, full of life and dramatic flair, left a lasting impression on me. I wanted to capture the essence of their flamboyance by portraying two vivid characters—twin-like in their energy yet distinct in their presence. The twins, Exuber and Rakish, embody the exuberance and unapologetic boldness I remember so well.

This piece features two striking portraits, bursting with color, that are made up of geometric patterns and fragmented shapes. Each face is rendered in a mosaic-like style, blending cubism’s structural abstraction with a modern twist. The bold, almost chaotic patches of color bring a sense of excitement and emotion to the composition, giving life and dimension to the twins. Exuber, on the left, radiates with a fiery blend of reds, yellows, and greens, while Rakish, on the right, contrasts with cooler tones of blue and violet, adding to the dynamic balance between the two.

“South of Venus”

A journey of Imagination and Color



“South of Venus” reflects my deep fondness of fantasy, where imagination and creativity are free to roam. I was drawn to explore the idea of what the southern hemisphere of Venus might look and feel like—an abstract space filled with wonder, energy, and beauty. Through this piece, I sought to evoke a sense of calmness while also celebrating the vibrant pulse of life. The soft, yet rich palette was intentionally chosen to soothe the soul, while still reflecting the dynamic rhythm of existence.

At the heart of the painting are circular forms that serve as a focal point, surrounded by an intriguing array of irregular, flowing shapes. The color palette is both balanced and harmonious, offering a mix of soft pastel pinks, blues, and yellows contrasted with deeper, grounding tones. These colors work together to create a serene atmosphere, inviting viewers into a world that feels both otherworldly and familiar.

Unlike more frenetic compositions, “South of Venus” captures a peaceful cadence that mirrors the quiet awe one might experience standing on the edge of a vast, unknown world.

“Success-ed Up!”

Featuring Vance



In “Success-ed Up!,” I wanted to encapsulate the spirit of achievement and sophistication in a lively, abstract form. The title itself is a playful take on the concept of success, a word I invented to express the feeling of being fully immersed in one’s accomplishments—of being, quite simply, “success-ed up.” This piece is meant to inspire those who seek motivation on their journey toward success, reminding them that success comes in many different shapes and forms.

The figure at the center of the composition, Vance, stands confidently in a striking bow tie and classic hat, representing a timeless sense of style and achievement. His presence emerges boldly from the canvas, with vibrant blocks of color that intersect in dynamic, unexpected ways. Each line and shape plays a role in creating an abstract yet powerful portrayal of sophistication and charm.

The color palette is alive with energy, featuring bold, contrasting hues that reflect the excitement and unpredictability of success. The fragmented forms and vibrant strokes emphasize that success is rarely a straight path—it’s a colorful, sometimes chaotic journey, but one that ultimately leads to personal growth and fulfillment.

As part of the Vibrant Life Collection, “Success-ed Up!” aims to inspire viewers to embrace their own path to success, whatever form it may take. Whether displayed in a workspace or a personal gallery, this piece is designed to remind you of your potential to achieve greatness.

“Complex Boundaries”



Life, with all its beautiful intricacies, often presents us with relationships that can be both uplifting and challenging. While I believe that positive connections with others are essential to living a vibrant life, navigating the boundaries within these relationships can sometimes be a complex journey. **The inspiration behind “Complex Boundaries” comes from this delicate balance—the push and pull between connection and personal space, between harmony and discord.**

In this abstract piece, I sought to capture the dynamic nature of boundaries—how they can overlap, intersect, and sometimes blur, creating moments of both tension and flow. The canvas is filled with energetic shapes: bold circles and angular forms, each color representing a unique emotion or moment of interaction. Reds, blues, and greens dominate the composition, contrasting and colliding in ways that suggest both movement and resistance. The vibrant colors add to the sense of controlled chaos, reflecting the complexity of our emotional landscapes.

“Complex Boundaries” is a visual expression of the complexity and worthiness of setting and navigating personal boundaries. It’s a reminder that while relationships may be intricate and sometimes messy, they are also full of vibrant energy and potential for growth.

Collection Recap

There are 8 more pieces to the Vibrant Life Collection. Each of these works combines geometric abstraction with a playful use of color and form, creating a vibrant, energetic, and visually engaging style. There is a use of human figures in some of the pieces which I did to tie the abstract shapes to recognizable forms. I am intrigued how it has evoked both emotional and intellectual responses from viewers.

Testimonial



Wellness on my Mind

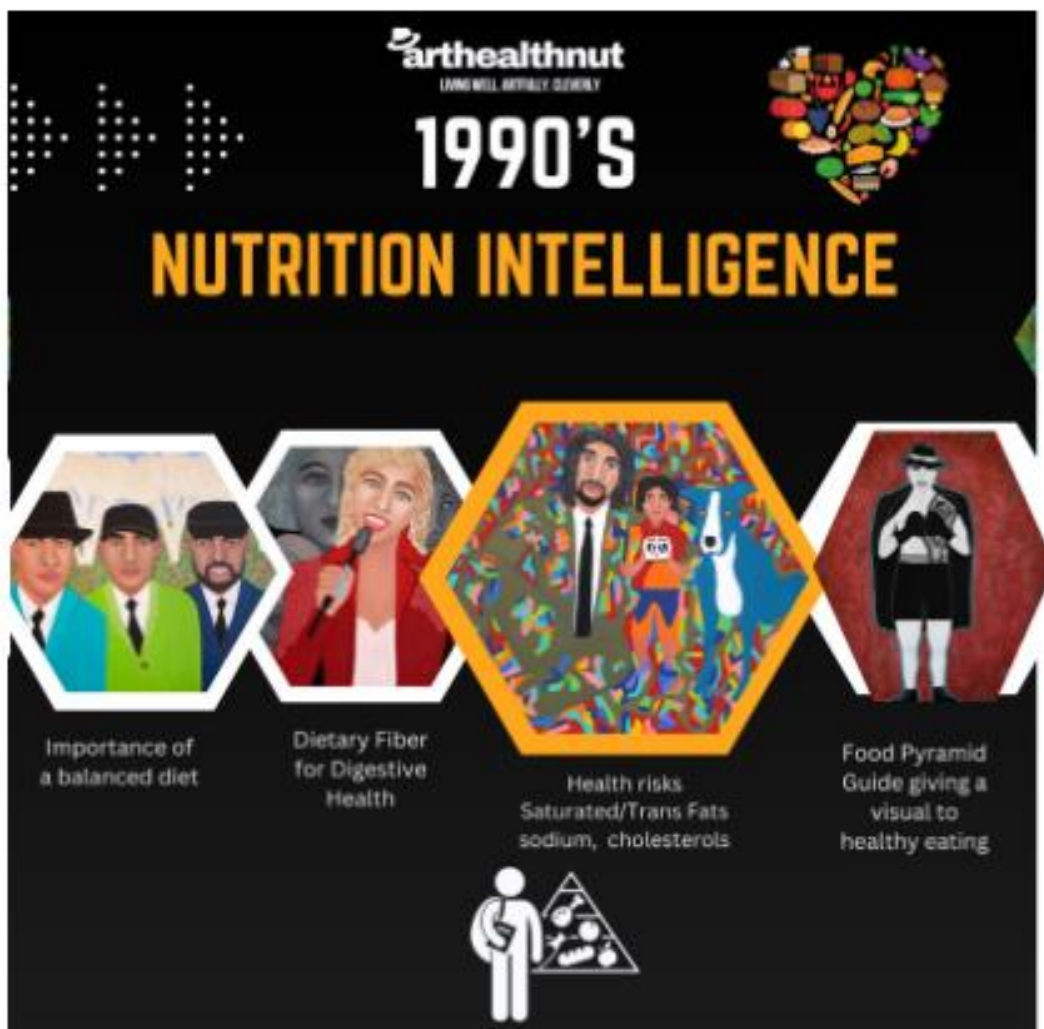
40 years of Nutrition knowledge gained

I have always been fascinated with nutrition and I am a firm believer in its effect on health and wellbeing. At times, just when you think you have figured everything out, something new and intriguing is thrown in your face. How do you react to this situation? Do you ever wonder about how far we have come and why this is so important? I was motivated to do some research on just how much we have learned, which makes you think "If I knew what I know now". That's life, right! In this article, I am sharing in as much of a concise manner, the knowledge we have gained since 1990, and where we are today.

The 1990s - Focus on Micronutrients and Food Labeling

I see a lot of content on social media about how people are traumatized (not literally) about the fact that the 90's was 40 years ago. And the younger generations (X and alpha) see that as ancient 😊. Well, let's delve into how smart we were about nutrition in those days.

We knew the importance of balanced diet, understood benefit of dietary fiber, knew that saturated fats, trans fats, cholesterol, and sodium were bad. Finally, the Food Guide Pyramid was introduced.



The 2000s: Rise of Obesity, Carbohydrates, and Dietary Fats Rethought

Once getting beyond the fear of the Y2K, we welcomed the 2000s with open arms. During this decade, we found growing evidence of the health benefits of plant-based diets. We had an increased understanding of the importance of omega-3 fatty acids. This is the time when we also recognized the role of antioxidants. Finally, evidenced based Dietary Guidelines were introduced for Americans.

arthealthnut
LIVING WELL. BEING HEALTHY. STAYING ACTIVE.

2000'S

NUTRITION INTELLIGENCE

The importance of omega-3 fatty acids

Evidence-based recommendations for healthy eating patterns and nutrient intake.

Health benefits of plant-based diets rich in fruits, vegetables, legumes, nuts, and seeds

The role of antioxidants in protecting against oxidative stress and inflammation

The 2010s: Gut Health, Microbiome, and Personalized Nutrition

Oh, the 2010's, what a time to be the first of the Gen Z to enter adulthood! The world was changing shape. From a nutritional perspective, we gained further evidence of healthy diets like Mediterranean diets, more about plant-based diets, and dietary approaches to stop hypertension. We started hearing about gut microbiome because of the increased understanding of its health benefits. We became smarter about the detrimental effects of sugar, sugary beverages, and high glycemic foods. Finally, because of our increased knowledge, more emphasis was placed on sustainable food systems and environmental impact.

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LIVING BETTER. EATING BETTER.

2010'S NUTRITION INTELLIGENCE

Increased understanding of the gut microbiome and its role in digestion, immune function, metabolism, and mental health

Emphasis on sustainable food systems and environmental impact

Health benefits of specific dietary patterns, such as the Mediterranean diet and plant based diets

Recognition of the detrimental effects of added sugars, sugary beverages, and high-glycemic foods

The 2020s: Personalized Nutrition, Plant-Based Eating, and Tech-Driven Nutrition

Some very fascinating insights and knowledge were gained in the 2020's. This is the decade when personalized nutrition recommendations and interventions shape health outcomes. The correlation between diet, lifestyle factors, and genetics all factor into shaping this. We've seen increased advances in nutritional science which we gained more knowledge about health promoting properties in foods. Have you heard of Polyphenols, flavonoids, phytonutrients? We also learned more about how the role of sleep impacts appetite, metabolism, and energy. Finally, the integration of nutrition into holistic approaches to healthcare became popular.

healthnut
LIVE WELL. REALLY LIVE!

2020'S NUTRITION INTELLIGENCE

Integration of nutrition into holistic approaches to healthcare

Bioactive compounds in foods with potential health-promoting properties, such as polyphenols, flavonoids, and phytonutrients.

The interplay between diet, lifestyle factors, and genetic predispositions in shaping individual health outcomes

Recognition of the role of sleep, circadian rhythms, and chrononutrition in regulating metabolism, appetite, and energy balance

2024: Recent breakthroughs in Nutrition

There have been several noteworthy nutrition-related breakthroughs in research, technology, and science in the last 12 months. These advancements span areas such as personalized nutrition, food tech, gut microbiome research, and plant-based innovations.

Here are some key developments:

- Precision Nutrition and Microbiome Research
- AI for Personalized Diets
- Next Generation plant based, and lab grown foods
- Nutraceuticals and Functional Foods
- Biofortification and Enhanced Crop Nutrition
- New benefits of omega-3 fatty acids discovered (brain health, inflammation)

There are many more, and in future articles we will explore these in more detail. These breakthroughs are transforming the way we approach nutrition, offering more personalized, sustainable, and health-promoting solutions. From precision nutrition and functional foods to advancements in plant-based and lab-grown proteins, these innovations are shaping the future of dietary health and sustainability. Below are some great resources for more detailed information on Nutrition.

[Academy of Nutrition and Dietetics: eatright.org](https://eatright.org)

[National Center for Biotechnology Information \(nih.gov\)](https://www.ncbi.nlm.nih.gov/biotech/)

[The Nutrition Source \(harvard.edu\)](https://www.harvard.edu/nutrition-source/)

What's Next?

We will be finalizing the new collection and taking it to market in the next few weeks. The calendar for 2025 will also debut during that time, along with the new logo and other changes to the website. New customers are beginning to emerge in the commercial space, and we will showcase office and workplace art as a feature article. For more information, feedback, or idea-sharing, please contact Kevinwhitehurst@arthealthnut.com directly.

“I couldn’t give you something mediocre even if that’s all you asked for.”

—Claude Monet