

# IRVING PARK

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE  
RESIDENTS OF OLD IRVING PARK & NEW IRVING PARK

FEBRUARY 2020

# *Living*

*Meet*  
**CAMERON  
KLASS**

Photography by *Melissa Read Healy*

DO  
WHAT  
YOU  
LOVE



**YOUR STORIES. YOUR PHOTOS. YOUR COMMUNITY.**

meet your neighbors

# Cameron Klass



By Ellen Bryant Lloyd | Photography by Melissa Read Healy

Faith, passion, and love are the primary motivators in Cameron Klass's life. As a result, this 26-year-old has become a business owner, yoga teacher, world traveler, health aficionado, photographer, chef and recipe creator, and, now, published author of two books. And that seems to be just the beginning for this industrious, passion-driven young woman.

Cameron grew up in the neighborhood with her parents, Todd and Amy, older sister, Taylor Van Hine, and younger sister, Julia. She graduated magna cum laude from the University of Mississippi Honors College in 2015 with a degree in integrated marketing communications. Not long after graduation, Cameron set out on her first major adventure. "I backpacked in many countries for several years (mostly alone or making friends along the way), gaining inspirations from around the world. It opened my mind, exposed me to different

cultures and ways of life. I ate local foods and broadened my range of taste and flavor. It was life-transforming, and now it is a huge part of who I am and how I learn and grow," Cameron says.

Cameron's journey to leading a life following her passions took time. "I wasn't always so sure of what I would do when I got older. I wasn't in tune with my true passions and desires. I was often caught up in the latest fashions, sorority life, and the ideals my ego thought would bring me lasting happiness. It's been an evolutionary journey, not an overnight epiphany."

She became vegetarian in 2012 for ethical and environmental reasons and soon became intrigued by what our food actually is, where it's coming from, and the food industry in general. As she traveled, she realized the typical American diet is quite different

and not in a positive way. "It was crazy and frustrating to me the chemicals that could be dumped in our food that are banned in other countries! And so, my grassroots effort began and my mission became crystal clear. I was ready to begin my business and spread the information I had accumulated with my community, hoping that with a personal act of self-love and care, it could spread to those closest to me, and a ripple effect could occur. A ripple of love, positivity, and compassion to spread around the world."

Cameron founded Root to Rising LLC as a way of spreading health, wellness and positive energy to the community with an integrated lifestyle approach. A devotee of yoga, Cameron also became a yoga teacher at Radiance Yoga after years of practicing and then earning her teaching certification in Bhagsu, India.

She also has a passion for cooking, creating new healthy recipes and photography, all integral parts of her business. "It brings me so much joy to eat tasty food that I know is nourishing my body. I also enjoy photographing the food and making small shoots."

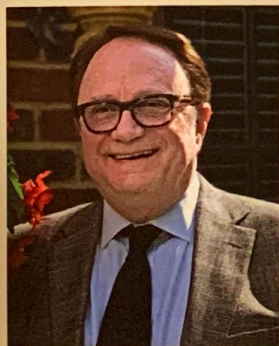
Cameron became an author in November 2019 when she published her first two books, *Setting the Foundation* and *Smoothies*. In *Setting the Foundation*, Cameron lays out a framework of how to make health top priority. *Smoothies* is the first recipe book of a planned series. It offers advice for creating smoothies, how to shop smart and healthy, and recipes with fun photos and health tips.



In January 2020, Cameron headed out for a four-month adventure in Asia. While there, she will begin a two-year health coach certification program that includes retreats held in countries around the world. "I am eager to learn and grow in areas that I am passionate about. I am being pulled to share these teachings with the community, so we can enjoy optimal health and live a fulfilled life!"

While she is traveling, interested residents may stay connected with Cameron and her work by following her on Instagram @root\_to\_rise\_ or subscribing to her email newsletter for weekly recipes, health articles, motivational quotes, and Greensboro discounts by emailing her at llcrootorise@gmail.com and ask to be added to the distribution list. Her books may be purchased at Radiance Yoga, Training for Warriors, Body Balance Pilates, Scuppernong Books, The Sacred Garden Bookstore at Holy Trinity, Organix Juice, or through her Etsy Page: roottoriseboutique.

...



## Ready to Sell?

*if you 're ready to put your home on the market, you'll want an experienced guide to lead you through to a successful closing - and with 25 years as a top producer, Barry Hardeman is the one to call when you 're ready to sell your most valued asset - your home.*

336-420-2837

banyshardeman@gmail.com

www.tomchitty.com



BERKSHIRE  
HATHAWAY  
HomeServices

Yost & Little Realty

Tom Chitty  
ASSOCIATES

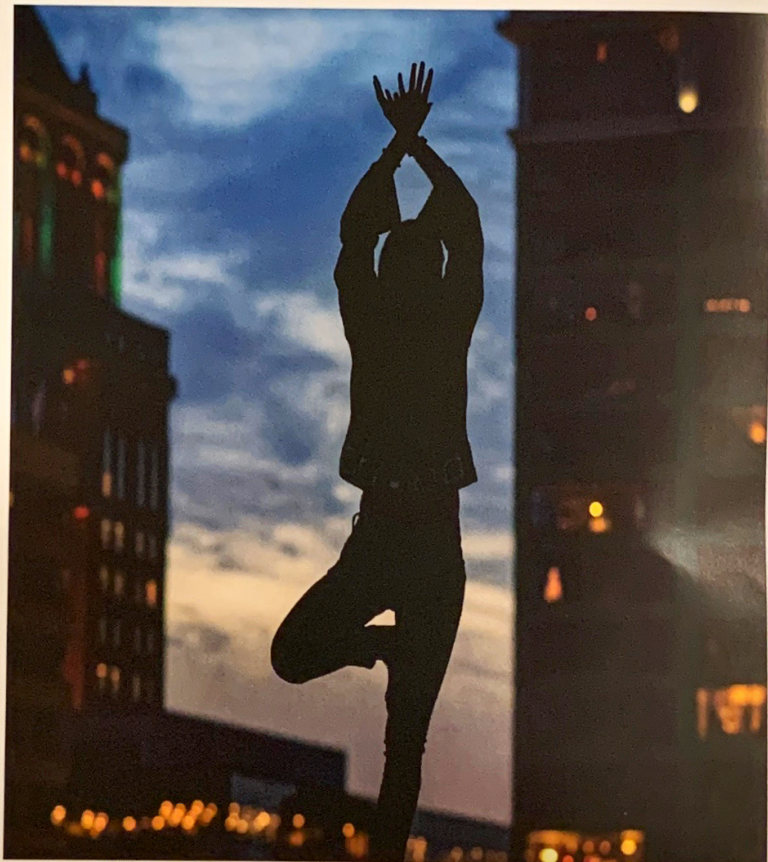
When she returns in the spring, Cameron will be back teaching yoga at Radiance and at the Curb Market each Saturday selling her vegan and gluten-free snacks and sweets, jewelry, dreamcatchers and, of course, her books. She will also be available to schedule food consultation, meal planning, and host cooking classes.

Cameron's life mission is reflected and shared in the work she does with Root to Rise. "I want to encourage our community to be healthy, mindful and truly fulfilled. We are often bombarded with messages of fear, separation, and ideas that we aren't good enough. I want to empower everyone to step into their own light, to radiate their unique gifts to the world, and to find what makes their spirit sing."

Cameron's life epitomizes Joseph Campbell's well-known quote, "Follow your bliss and the universe will open doors where there only walls." She lives an inspiring life that fills her, heart and soul. The future seems to know no bounds with Cameron. She has and will continue to make a significant impact on the world.



If you would like to share your story with us or know a neighbor you would like to nominate to be featured, we'd love to include the article in an upcoming issue. Email Ellen at [ebllloyd@bflycreations.com](mailto:ebllloyd@bflycreations.com).





# Resident RECIPES


Find Yourself...at A to Zen

**WELCOME**

FRAN HEEFNER, LMBT  
JANET WOLFORD, LMBT  
RANDI HUNSUCKER, LMBT  
MARK DAY, LMBT  
NIKKI CONRAD, LMBT

**NEW THERAPIST SPECIAL**

**SAVE \$15** on your 1st 60 or 90 Minute Massage with Each New Therapist!  
Not valid with any other offer or special. Discount valid only with therapists listed above.  
 Visit our website for February Specials!

  
**523 State Street**  
**336.334.0044**  
[www.AtoZenMassage.com](http://www.AtoZenMassage.com)  
All Massage Therapy Services are provided by North Carolina Licensed Massage and Bodywork Therapists.

Recipes & photos submitted by resident **Cameron Klass**

These flavorful smoothies are perfect to highlight in the month known for hearts, chocolate, and love. Residents can find these and many more smoothie recipes in my new book, *Root to Rise: Smoothies*. They are easy, tasty and super healthy. Enjoy!

## Heart Beet Smoothie

- 1 cup coconut milk
- 1 large handful spinach
- 1/2 navel orange, peeled
- 1/4 cup wild blueberries
- 2 frozen strawberries
- 1 tbsp. flaxseed meal
- 1 tsp. bee pollen
- 1 tsp. beet powder
- 1/4 tsp. cinnamon



**Health Tip:** Beets are loaded with nitrates and contain potent antioxidants. Nitrates are chemicals that improve blood flow and build stamina. This helps physical performance and overall body health. High levels of nitrates have also been linked to better focus and concentration. Beets help reduce inflammation in the body and help protect against disease thanks to the antioxidant betalains. Beetroot powder is a great alternative to whole beets, with the same nutritional benefits. The powder also gives your smoothie a vibrant pink color!

## Mint Chocolate Smoothie

- 1 cup coconut milk
- 1 large handful spinach
- 1 frozen banana
- 4-6 peppermint leaves
- 1 tbsp. unsweetened cocoa powder
- 1/2 tbsp. chia seeds
- 1/2 tbsp. coconut oil, melted



**Health Tip:** Peppermint is a flavor loved by many! When derived from its natural source, it has medicinal and antibacterial properties. It is used in cultures around the world to aid in digestion, fight headaches and migraines, alleviate cramping and nausea, and open the sinuses for clearer breathing. It contains the compound menthol, which creates freshness and flavor.



Do you love fine cuisine? Or do you have a kid-tested family favorite dish? Share it with us! Email [ebloyd@bflycreations.com](mailto:ebloyd@bflycreations.com).