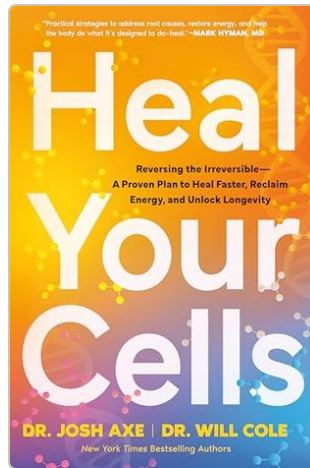


BOOK CLUB NIGHT KIT



Heal Your Cells

Josh Axe and Will Cole

🌙 COZY NIGHT

Two well-known functional medicine voices team up for a warm, practical look at cellular health, mitochondria, and the everyday habits that help the body repair itself. It is the rare wellness book that invites you to be gentle with yourself while still giving you something to try on Monday.

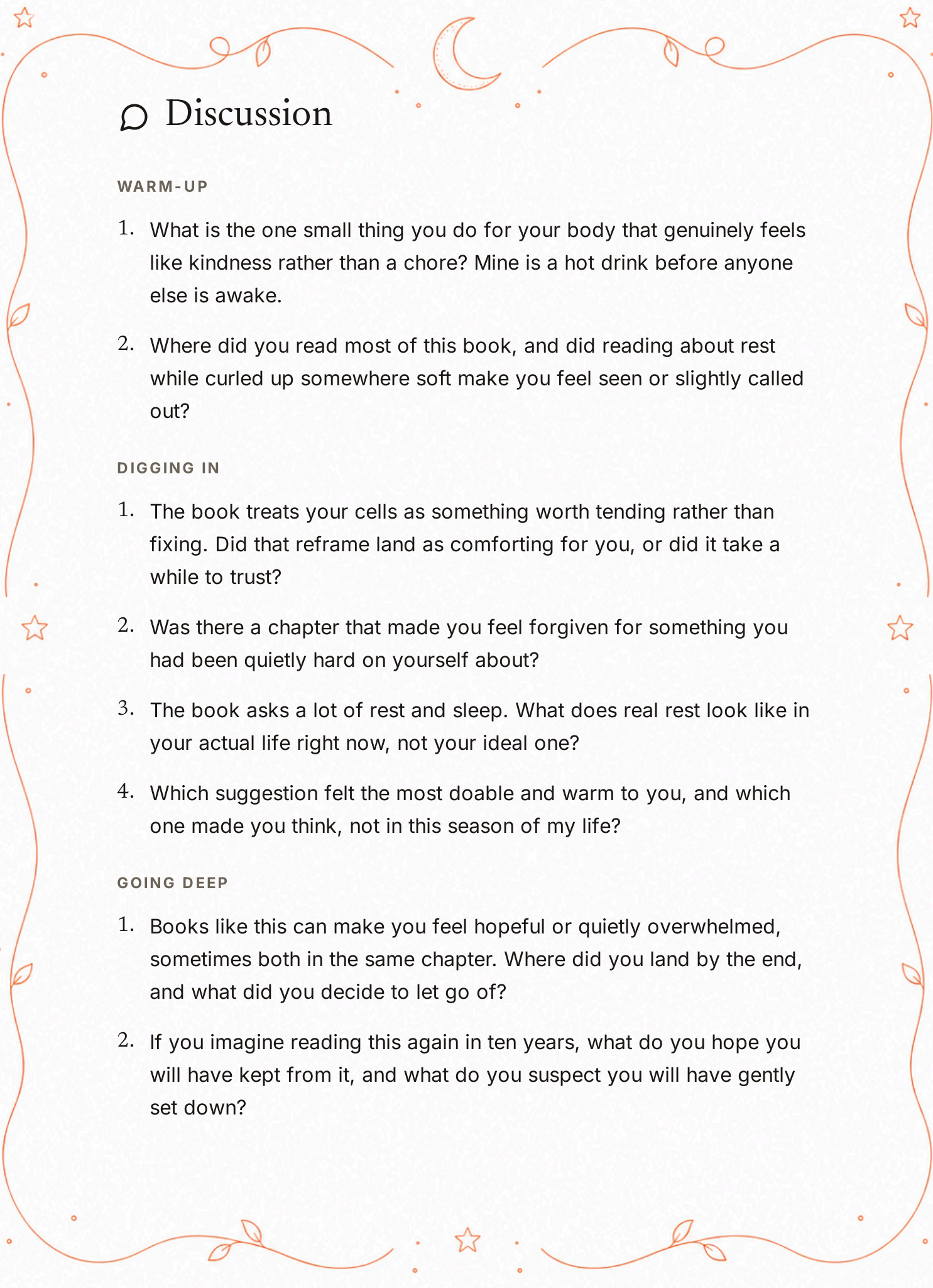
Bring Your Softest Socks

We are reading *Heal Your Cells* by Josh Axe and Will Cole, and treating it as an excuse to sit somewhere warm with broth, tea, and low lighting. Come as tired as you actually are.

Reading level: Easy

Best for: A club that likes nonfiction they can put into practice, and does not mind a night that drifts into personal stories about sleep, stress, and soup.





Discussion

WARM-UP

1. What is the one small thing you do for your body that genuinely feels like kindness rather than a chore? Mine is a hot drink before anyone else is awake.
2. Where did you read most of this book, and did reading about rest while curled up somewhere soft make you feel seen or slightly called out?

DIGGING IN

1. The book treats your cells as something worth tending rather than fixing. Did that reframe land as comforting for you, or did it take a while to trust?
2. Was there a chapter that made you feel forgiven for something you had been quietly hard on yourself about?
3. The book asks a lot of rest and sleep. What does real rest look like in your actual life right now, not your ideal one?
4. Which suggestion felt the most doable and warm to you, and which one made you think, not in this season of my life?

GOING DEEP

1. Books like this can make you feel hopeful or quietly overwhelmed, sometimes both in the same chapter. Where did you land by the end, and what did you decide to let go of?
2. If you imagine reading this again in ten years, what do you hope you will have kept from it, and what do you suspect you will have gently set down?

On the table & to sip

TO EAT

Slow-simmered bone broth with soft herbs

The book's most comforting idea in a mug, nourishing, old-fashioned, and easy to hand someone at the door.

Roasted root vegetable and olive oil tray bake

Colorful plants and good fat are the book's quiet heroes, and a single tray is a very doable host effort.

Dark chocolate and toasted walnut bark with sea salt

Antioxidants and omega-3s dressed up as dessert, indulgent without leaving the book's world.

TO SIP

Golden turmeric and ginger milk (no alcohol)

Warm, spiced, and anti-inflammatory, the exact drink this book would hand you at bedtime.

Chamomile and lemon balm tea, served in whatever mismatched mugs you own (no alcohol)

A rest-first drink for a rest-first book, and the mismatched mugs are half the coziness.

A small glass of dry red wine with the tray bake

Polyphenols, a low-pressure pour, and permission to enjoy the evening rather than optimize it.



Run of show

7:00

Mugs first, books later

Hand everyone broth or golden milk as they walk in. No one sits down until they are holding something warm.

7:20

Warm-up circle

Run the two warm-up questions. Keep it to a lap around the room, no cross-talk pressure.

7:40

Tray bake and theme questions

Serve the food and let the four theme questions carry the middle of the night. Let it wander.

8:15

Trivia break with the chocolate bark

Low stakes, read the questions aloud, no teams, no scorekeeping unless someone insists.

8:35

The two deep questions

Lights lower, tea refilled. Let silences sit for a beat longer than feels comfortable.

9:00

Scorecards and one small thing

Fill in scorecards, then each person names one small thing they might actually try. No accountability, just saying it out loud.

HOST TIPS

- Send the golden milk recipe with the invite so anyone who cannot come still gets the cozy part.
- This book will pull people toward health confessions. Say up front that nobody is here to be diagnosed or advised, only listened to.
- Keep the second kettle on. Refilling mugs is the easiest way to reset a conversation that got too intense.



🎵 Playlist

Soft, unhurried, mostly instrumental, the sound of a kitchen light on and rain outside.

01 Re: Stacks - Bon Iver

02 Saturn - Sleeping At Last

03 Gymnopedie No. 1 - Erik Satie

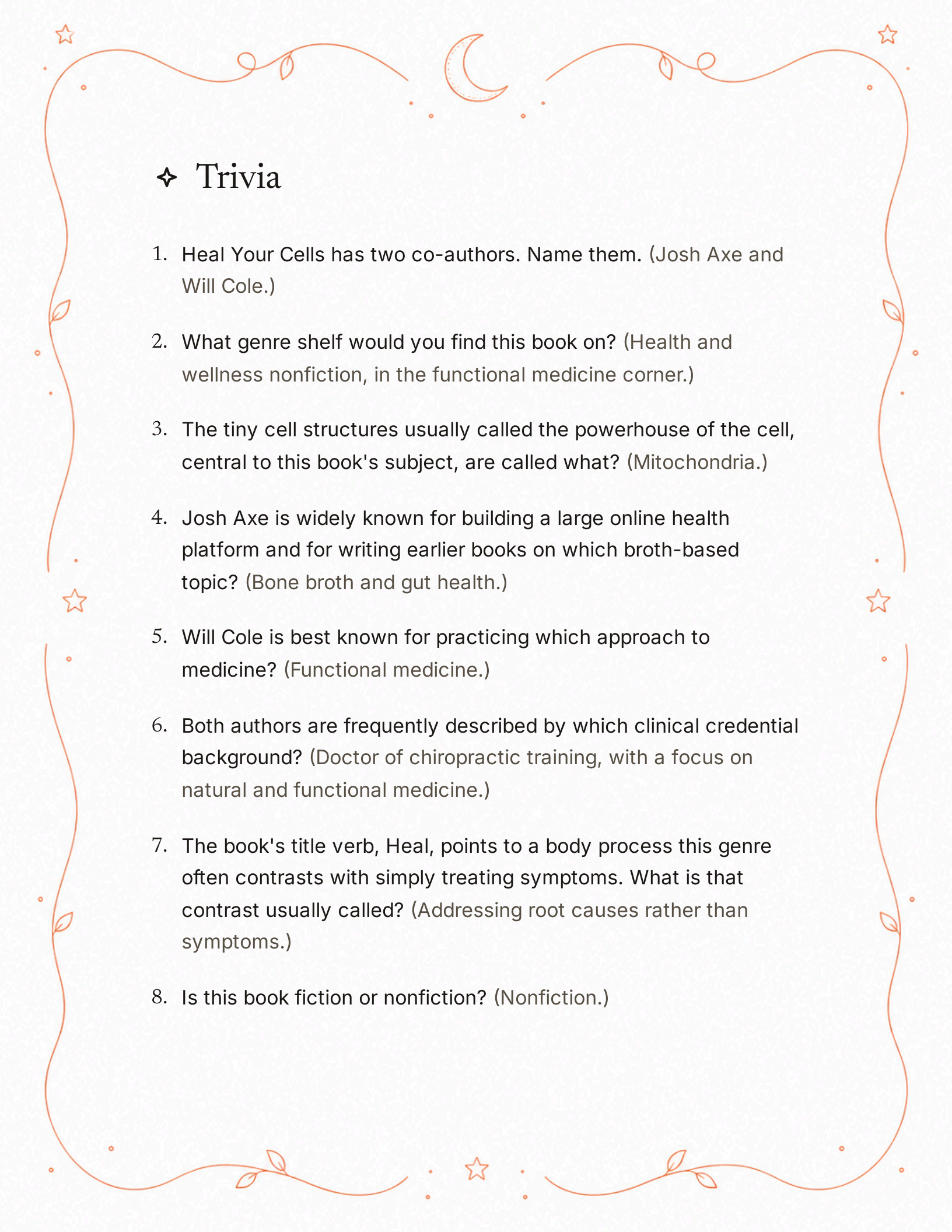
04 Holocene - Bon Iver

05 Nuvole Bianche - Ludovico Einaudi

06 The Night We Met - Lord Huron

07 Slow Dancing in a Burning Room - John Mayer

08 Weightless - Marconi Union

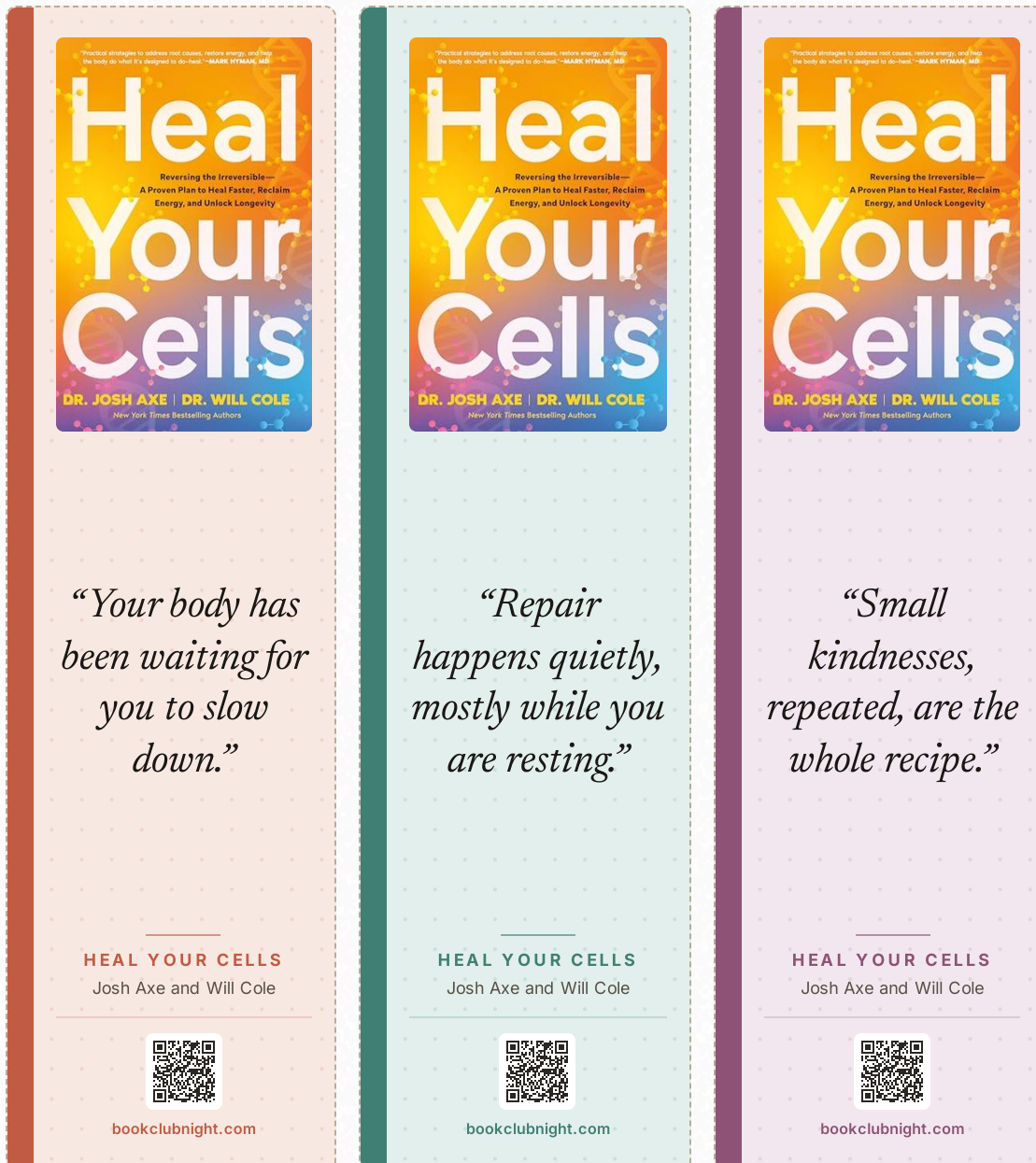


✧ Trivia

1. Heal Your Cells has two co-authors. Name them. (Josh Axe and Will Cole.)
2. What genre shelf would you find this book on? (Health and wellness nonfiction, in the functional medicine corner.)
3. The tiny cell structures usually called the powerhouse of the cell, central to this book's subject, are called what? (Mitochondria.)
4. Josh Axe is widely known for building a large online health platform and for writing earlier books on which broth-based topic? (Bone broth and gut health.)
5. Will Cole is best known for practicing which approach to medicine? (Functional medicine.)
6. Both authors are frequently described by which clinical credential background? (Doctor of chiropractic training, with a focus on natural and functional medicine.)
7. The book's title verb, Heal, points to a body process this genre often contrasts with simply treating symptoms. What is that contrast usually called? (Addressing root causes rather than symptoms.)
8. Is this book fiction or nonfiction? (Nonfiction.)

📖 Bookmarks

Print, cut, and tuck one at every seat, a small keepsake from the night.



☆ Rate the book

Comfort level ☆ ☆ ☆ ☆ ☆

Warmth of the writing ☆ ☆ ☆ ☆ ☆

Things I might actually try ☆ ☆ ☆ ☆ ☆

Made me gentler with myself ☆ ☆ ☆ ☆ ☆

Would hand it to a tired friend ☆ ☆ ☆ ☆ ☆

One word for how this book made me feel: _____

The one small thing I am taking with me: _____

The page I wanted to read out loud to someone: _____

THAT'S A WRAP

Thank you for coming

We hope the company was good and the conversation even better. Until the next chapter.



Plan your own book club night

Scan the code or visit **bookclubnight.com**

Book Club Night