

New book release presents a guide to total health through nutrition:

# Joyful Cooking

IN THE PURSUIT OF GOOD HEALTH

*Restore and Heal through Nutritional Balancing*

By Joy Feldman, N.C., J.D.

NOW AVAILABLE NATIONWIDE!

NORTH KINGSTOWN, R.I – *Joyful Cooking in the Pursuit of Good Health* by Joy Feldman, N.C., J.D. is now available wherever fine books are sold. An innovative and indispensable combination cookbook and wellness guide to total health through nutrition, *Joyful Cooking in the Pursuit of Good Health* is also available in eBook format.

Nearly twenty years ago, Joy Feldman was diagnosed with an autoimmune condition that caused constant fatigue, weakness, and pain. Prescribed powerful medications to treat the symptoms of her condition, Feldman was plagued with horrible side effects that left her feeling even more debilitated. When told that she would just have to live with her illness, Feldman decided to take matters into her own hands and began her own search to improve her health.

When she became acquainted with a physician who had studied with Dr. Paul Eck, the founder of nutritional balancing, Feldman decided to give nutritional balancing a try. After Feldman submitted a sample of her hair for testing, her physician recommended a new diet, along with multiple modalities that would complement her healing. Within a few short months, Feldman was off medications and on the road to recovery. Several months later, her blood tests showed normal results, and within a year, Feldman was back to feeling like herself. According to Feldman, "After the terrible onslaught of pain and exhaustion I had experienced for so long, I could never have dreamed that a recovery so quick, and so complete, was even possible. Every day, I was encouraged by feeling more energetic, experiencing less pain, and by seeing and feeling constant progress and improvement."

Feldman's recovery prompted her to consider health as a new career path, and she went back to school and began post-graduate training in Nutrition, pursued a Masters Degree in Holistic Nutrition, earned a certificate in Biochemical Nutritional Balancing Science and completed Advanced Training in Biochemical Nutritional Balancing Science. Having successfully launched her own pursuit of good health, Feldman says she felt inspired to help others and created *Joyful Cooking in the Pursuit of Good Health*. Based on the science of nutritional balancing, *Joyful Cooking in the Pursuit of Good Health* operates on a simple premise: we are what we eat.

An incredible volume dedicated to the pursuit of good health through nutrition, *Joyful Cooking in the Pursuit of Good Health* is a comprehensive guide to total healing and restoring balance both to the body and the mind. Beautifully illustrated and engagingly written, *Joyful Cooking in the Pursuit of Good Health* is essential reading for anyone who wants to improve health and vitality.

Resplendent with fascinating facts, and enlightening expert insights, *Joyful Cooking in the Pursuit of Good Health* includes over 100 healthy and delicious recipes, including: pesto cheese dip, Mexican scrambled eggs, Indian chicken and cauliflower, succulent roasted chicken, minty lamb with lemon, autumn vegetable soup, sinfully delicious lentils and tomatoes, and pumpkin pie. Moreover, *Joyful Cooking in the Pursuit of Good Health* includes kid-friendly recipes designed to tantalize even the pickiest palate, such as: herb eggs in a blanket, tortilla cigars, cinnamon carrots, twisted blue tacos, divine spaghetti pie, and dozens more.

Much more than a cookbook, *Joyful Cooking in the Pursuit of Good Health* is a comprehensive wellness guide that contains: groundbreaking information on Nutritional Balancing Science; the best foods for improved health; eating tips for expectant mothers; healthy eating for children; living with a sensible, individualized nutrient-rich diet; safe, healthy, and natural weight loss; suggestions for healthy refrigerator, pantry, and spice rack staples; optimal cooking methods for a wide variety of foods, and more.

An extraordinary resource, *Joyful Cooking in the Pursuit of Good Health* is an essential reference guide for health and healing. Lovingly and carefully crafted with both the expertise and the authenticity of someone who experienced, first-hand, the incredible benefits of nutritional balancing, *Joyful Cooking in the Pursuit of Good Health* provides a roadmap to living a life of vitality.

## THIS IMPRESSIVE NEW VOLUME CONTAINS:

NEWLY DESIGNED CHARTS  
A REMOVABLE SHOPPING LIST  
SIDEBARS IN EASY-TO-READ FORMAT  
EXPANDED APPENDICES  
CHAPTER ON WEIGHT LOSS  
EXPANDED RECIPE SECTIONS  
EASY-TO-FOLLOW RECIPE LOCATOR  
NEW INFORMATION ON  
NUTRITIONAL BALANCING  
5 DAY MENU FOR SLOW & FAST OXIDATION  
INFORMATION ON SUPPLEMENTS  
NATURAL BABY FORMULA

## BOOK STATISTICS

**TITLE** *Joyful Cooking In Pursuit of Good Health*

**SUBTITLE** *Restore & Heal Through  
Nutritional Balancing*

**AUTHOR** *Joy Feldman*

**ISBN** 978-0-615-43307-3

**CATEGORY** *Cookbook/ Alternative Health*

**LENGTH** 256 pages

**RETAIL PRICE** \$21.95

**BINDING** 7 x 10 trade paperback

**ILLUSTRATIONS** *Original whimsical art*

**ADDITIONS** *Removable Shopping list, Tables, Websites, Lists of resources, Appendices, Artwork, Recipe Locator, Weight Loss Chapter*

*Joyful Cooking In Pursuit Of Good Health  
Can Be Ordered From:*

**JOYFELDMAN.COM & AMAZON.COM**  
**\$21.95 PLUS \$5.95 SHIPPING/HANDLING**

## ABOUT THE AUTHOR: JOY FELDMAN

Joy Feldman, N.C., J.D., is a nutritional consultant, writer and sought-after lecturer. Feldman received her undergraduate and graduate training from the University of Pennsylvania and later pursued her law degree from the University of Miami. After years of furthering her education, Joy received her certificate in biochemical nutritional balancing science. She has a worldwide private practice and also instructs new practitioners on how this science helps to restore the body and mind. Joy Feldman lives in Rhode Island.

## PRESS CONTACT

Members of the news media wishing to schedule an interview with Joy Feldman, request a review copy of *Joyful Cooking: In the Pursuit of Good Health* or more information are kindly asked to contact:

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