



MEDIA RELEASE

EAT AWAY ILLNESS

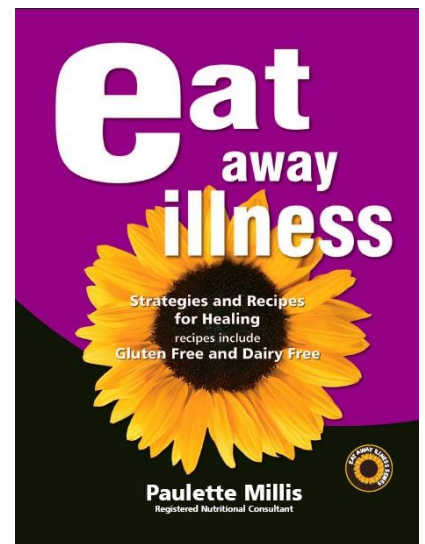
2nd Edition

“Strategies and Recipes for Healing”

by Paulette Millis

Registered Nutritional Consultant

Registered Social Worker



Readers will learn that they often do not need prescription or over the counter drugs to treat or avoid diseases.

Healing by eating natural, unprocessed, nutrient dense foods, along with information on holistic healing (physical, hormonal, and emotional) gives people the inputs they need to overcome many symptoms or prevent illnesses such as arthritis, diabetes and all auto-immune diseases, any bowel disorders, digestion problems, menopausal symptoms, PMS, cancers and many more. The recipes include gluten and dairy-free instructions.

Anyone who eats will benefit from this book! It contains many helpful tips for meal planning and shopping. This book has approximately 200 recipes that do not contain white flour, sugar, trans fats, or processed ingredients. These ingredients are harmful to health, contribute to lack of energy and prevent us from feeling vibrant and alive.

Following is a client testimonial: “Paulette has a knowledge of the healing values of nutrition which very few ‘experts’ have. When diagnosed with prostate cancer, I was bombarded with information and advice from medical and holistic sources. I was so pleased to have Paulette interpret this, and to give me a strict, but not unpleasant diet, that I religiously follow. My only suggestion to Paulette is to teach the medical community about the healing value of proper nutrition. Our medical doctors are in dire need of her knowledge.”

- Charles Hanna, author and president of Construction Consulting Company

About the Author:

Paulette resides in Saskatoon, and has over 20 years of teaching, facilitating and counseling experience with people dealing with life issues and healing challenges. She is the author of three books and numerous articles and columns on healing through nutrition. She also has fifteen “Cooking for Health” information segments on SCN. Her presentations on healing have become a desired addition to many events, organizations, and corporate wellness programs looking to increase energy, improve productivity, and overall well-being.

EAT AWAY ILLNESS; Paulette Millis

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