

Media Release



Food to Make You Glow A nutritionist's guide to eating for wellness

Published March 2017



'Learning about the positive effects wholefoods have on the body is one of my fondest memories of studying nutritional medicine. Foods have always been used in helping to heal and support the human body, and this book really explores the idea of using foods in this way.'

– Lola Berry

PAN MACMILLAN AUSTRALIA     

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Whether you're looking to boost energy levels, manage stress or achieve healthy and sustainable weight loss, eating the right food is a crucial piece of the puzzle. In *Food to Make You Glow*, nutritionist Lola Berry shares the key wholefoods to support specific health goals: happiness, energy, beauty, immunity, calming, weight loss and detox. As well as go delicious recipes based around these wholefood heroes, Lola recommends the best lifestyle tips, herbal teas, exercises and activities for each health goal.

Want to keep the baddies at bay and support your immune system? Go for recipes featuring immune-boosting red meat, garlic or seeds. Need to give your hair, skin and nails some love? Choose dishes that are high in good fats and antioxidants.

Get inspired about the positive effects wholefoods can have on your health, and start cooking food to make you glow!

Recipes include: 'Ferrero rocher' granola * Turmeric and banana pancakes with maple nice cream * Crunchy celery, sultana, macadamia and quinoa salad * Roasted beetroot with zesty almond butter sauce * Raw rainbow pasta with brazil nut and spinach pesto * Thyme-poached chicken with roasted cauli and heirloom carrots * Lucky lamb chops with green pea smash * Mango, chilli and pistachio crumble * Chai spice cookie sandwiches *

Leading Australian nutritionist Lola Berry is a regular spokesperson on nutrition and general wellbeing across television, radio and print media. She has a huge and interactive online following.

She is the bestselling author of seven books: *Inspiring Ingredients* (2010), *The 20/20 Diet* (2012), *The 20/20 Diet Cookbook* (2014), *The Happy Cookbook* (2015), *Lola Berry's Little Book of Smoothies and Juices* (2015), *The Happy Life* (2016) and *Lola Berry's Summer Food* (2016).

FOOD TO MAKE YOU GLOW

RRP \$39.99 / Paperback

To request a review copy or an interview with Lola please contact

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