



You Are What You Eat

It can be shocking how much people dissociate what they eat from how they feel afterward. Sure, you know that if you load up on Taco Bell, you end up with an unhappy stomach. You understand the generalization that processed foods are bad for you. You know that the super-health-energy-vitamin elixir you've been taking shots of three times a day (that's 15 hours of energy!) isn't actually healthy at all. But do you know what your body's specific needs are? Better still: do you know what you can eat to make yourself feel good?

North Kingstown-based nutritionist Joy Feldman wants to help you discover how to eat with your total wellness in mind in her not-just-a-cookbook *Joyful Cooking in the Pursuit of Good Health*. Having regained her own health after a debilitating auto-immune disorder through a greater awareness and

closer management of her nutrition, Joy lays out a dietary plan that will, in essence, give you an opportunity to be a more happy and productive individual. You know, without the Red Bull.

The diet revolves around steamed, lightly cooked vegetables; natural and organic grass-fed meats as well as fish such as salmon; grains such as brown rice, millet, and quinoa; raw, organic full fat dairy; and good fats like butter, egg yolks, and olive oil. She's not just laying out a set of recipes, Joy is explaining how to tailor your diet to your body's particular needs, and how to implement the diet in your everyday life (and how to do so on a tight budget, no less). And then there are all the recipes you'll need to eat a varied and nutritious fare for as long as you can stand not making a run for the border. www.joyfeldman.com

-Mike Madden

SO RHODE ISLAND

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ON LOCATION



PORTRAITS, PETS, EVENTS

JANET BELL - 401 447 9974

Providence Youth Ballet

Eva Marie Pacheco, Director

Spring Concert

April 4th, 2009, 7:00pm

April 5th, 2009, 2:30pm

The Met School 325 Public St., Providence, RI
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photography by Tom Stio



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