

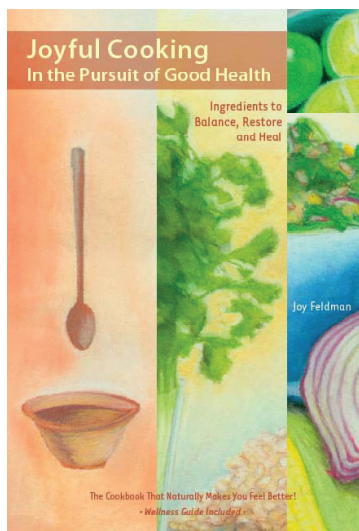
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Joyful Cooking In the Pursuit of Good Health

Ingredients to Balance, Restore and Heal

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

Are you in Pursuit of Good Health? Today, the staggering health statistics we face as a nation is unimaginable. Almost nine million children or one in five take psychoactive drugs for their behavior disorders. One in three people die from cancer. One in five pregnancies end in miscarriage. Additionally, many people today face paralyzing exhaustion and crippling fatigue. Joy Feldman herself knows this sad truth. Sixteen years ago, she became ill. Diagnosed with an autoimmune disease, she lived with perpetual fatigue and pain, constantly feeling unwell. When she was told that she would have to live with her illness, she decided to take matters into her own hands. She began her own search to improve her health. In essence, Joy was in Pursuit of Good Health.

It was Hair Tissue Mineral Analysis and Nutritional Balancing that restored Joy to her optimal health. Based on of her own personal health triumph and desire to help others, she has authored this new book, *Joyful Cooking in Pursuit of Good Health: Ingredients to restore, balance and heal*. With an educational guide and over 100 delightfully simple recipes, she offers readers a chance to improve their eating habits with knowledge and creative recipes. Simply prepared wholesome foods allow those to savor superb natural flavors and juices, pleasing the palate and fortifying the body. These ingredients used to balance, restore, and heal, are for all individuals in pursuit of good health. This book provides a complete program to rebuild and recharge the body.

You'll learn:

- How to individualize diet based on metabolic type
- About Hair Tissue Mineral Analysis and Nutritional Balancing
- How eating the correct foods increases energy
- Valuable information for expecting moms
- How to create simple and delicious meals for both young and old

Written in easy to understand language, this is a book that you will want to refer to again and again, It also includes a shopping list, and additional resources on many important subjects.

Joyful Cooking In the Pursuit of Good Health, is a wonderful educational experience for all who use it. I cannot recommend it highly enough. Not only does it teach principles of nutrition, but provides many tasty, simple recipes that will make eating healthfully a pleasure as well.

- Lawrence Wilson, MD Author of *Nutritional Balancing and Hair Mineral Analysis, Sauna Therapy, The Real Self* and other books as well as several hundred articles about health and healing.

"*The Pursuit of Good Health*" sounded like a terrific but unattainable ideal until I started following the simple guidelines in Joyful Cooking. The nutritional information is easy to grasp, essential to know and a cinch to implement. Within a month, I've lost that caffeine craving, boosted my energy and dropped those annoying pounds I thought had made a permanent home on my hips. Scrumptious recipes, quick preparation, better health, no yawning at the keyboard... Thank you, Joy!

-Lisa Reitman-Dobi
Playwright/Columnist

About the author: Joy Feldman

Joy Feldman, born on December 30, 1962, grew up in a suburb of New York. Joy attended the University of Pennsylvania, undergraduate division, where she simultaneously worked towards her Masters Degree in Public Policy through the School of Education at the University of Pennsylvania. Joy graduated Law School from the University of Miami and practiced Corporate Law. She later wrote legislation for a Fortune 500 Health Care Company and also taught middle school math and tutored children in a variety of academic subjects. She went on to earn a certificate in Biochemical Nutritional Balancing Science focusing on Hair Mineral Analysis. Today, she continues to pursue a Masters Degree in Holistic Nutrition. Joy has been studying nutrition and hair analysis for the past 15 years. Currently, she is studying under the tutelage of Dr. Lawrence Wilson, M.D.

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Book Statistics

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Illustrations: Original whimsical art

Additions: Shopping list, Tables, Websites, Lists of resources, Appendices, Back Matter

Joyful Cooking In Pursuit of Good Health can be ordered from www.joyfeldman.com

The price is \$21.95 plus \$5.95 for shipping/handling.