

# A Joyful Piece of Cooking Advice

By Jessica Durham

**Published in February by Joy Feldman, "Joyful Cooking: In the Pursuit of Good Health," is a book that offers readers advice on how to cook healthy and delicious meals.**

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An aspiring Rockaway writer had fears of sharing her recent illness with readers and didn't think people would ever want to read her story or her advice.

A few years ago, Joy Feldman was sick with an autoimmune disease, a sickness in which the body attacks itself. After her son was born, she had extreme pain in the joints and below her neck. Not being able to care for her son, Feldman realized she could not live a life like this and began seeking ways to get better.

"Nutrition is a science that is overlooked," Feldman said.

Therefore, published in February by Feldman herself, "Joyful Cooking: In the Pursuit of Good Health," is a book that offers readers advice on how to become healthier and educates them on how to cook healthy and delicious meals. The book "offers readers a chance to improve their eating habits with knowledge and creative recipes," according to the book's website, [www.joyfeldman.com](http://www.joyfeldman.com). The book also includes advice on how women and children can take care of their bodies using "nutritional balancing and hair tissue mineral analysis" for each individual.

Hair tissue mineral analysis is an inexpensive way to access the level of stress in a human being and helps one design a nutritional balancing program that is based on each person's biochemistry, according to the author. After an analysis of her illness, Dr. Lawrence Wilson provided Feldman with a nutritional balancing program through hair tissue mineral analysis, which regulated Feldman's blood work in six to eight weeks. "I had tried many types of nutritional programs prior to this," Feldman mentions on her website. "But only hair analysis made a difference in my health."

Feldman's inspiration to write the book came from wanting to see other people get well and live a healthy life. Her then two-year-old son was also an inspiration, as well as the encouragement from her clients and from Wilson. Another big inspiration was her husband, orthopedic surgeon Dr. Michael Feldman. "I couldn't have done it without him," Feldman said. "He was phenomenal." Writing a book to help people get well and knowing the fact that no one has to walk around being ill has made the writing of the book a rewarding experience," Feldman said. "Health and wellness is available to everybody," she adds. "It is a simple thing to keep you healthy and make excellent choices."

Feldman lived in Belle Harbor and attended P.S. 114 and Beach Channel High School. She attended the University of Pennsylvania as an undergraduate and obtained a master's degree in Public Policy through the School of Education. She then attended the University of Miami School of Law and graduated with a Law Degree. At age 46, she earned a certificate in Biochemical Nutritional Balancing Science, focusing on hair tissue mineral analysis for the past 15 years. Currently, Feldman is pursuing a master's degree in Holistic Nutrition. She now lives in Rhode Island and owns a private consulting nutritional practice, which has over 170 clients worldwide, to whom she gives one-to-one counseling and is always available to them around the clock. Wilson asked Feldman to co-author another piece of work that may be finished in a few years. It will be a workbook on case analysis of patients who used hair

tissue analysis from ill to optimal health, Feldman said. "I want to instill hope in people," Feldman said. "I want people to know that they have options and feel empowered to control their own wellness."