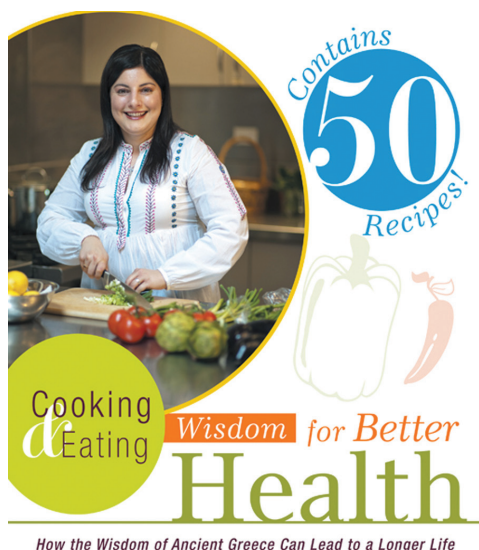


Health coach and author Maria Benardis uses her Greek heritage to teach others to improve health



MARIA BENARDIS

Cooking & Eating Wisdom for Better Health

By Maria Benardis

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When it comes to eating healthier, it's all Greek to me.

Cooking & Eating Wisdom for Better Health by Maria Benardis is a helpful cookbook that not only shows readers how to cook healthy recipes, but also includes lessons on Greek wisdom and how to apply these ideas to daily life.

"My book teaches how to cook intuitively using healing ingredients that harmonize your body and mind," said Bena-

rdis. "Cooking and eating will become a time to celebrate, a joyful experience, a time to deeply connect with yourself, a time to awaken to new experiences and to heal."

Benardis uses her heritage and her extensive study of Greek culture and customs to inspire readers to eat healthier and to live more like the ancient Greeks by sharing wisdom that is still applicable to the modern day. This mixture of culture and tradition sets this cookbook apart from many others in that it not only shows readers how to cook, but also teaches readers how to live a better life.

"I want to encourage people to explore and rediscover how to use nature for personal healing instead of relying on medicine and pharmacies," said Benardis.

About the author
Maria Benardis is a Gourmand Award winning author, health coach, teacher, chef and Founder of Greekalicious (<http://www.greekalicious.com.au>).

Greekalicious was a concept Maria formed while on the Greek Island of Mykonos where she had experienced her life changing calling and epiphany. Benardis is also the author of "My Greek Family Table," winner of the prestigious 2009 Gourmand World Cook Book Award (Best Mediterranean)

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