

Cook Your Way To Wellness – The DVD Everyone Is Talking About



Released on: September 16, 2009, 7:53 am

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Industry: [Food & Beverage](#), [Healthcare](#)

"Cook Your Way To Wellness" DVD, created by Maria Atwood, CNHP, (<http://www.traditionalcook.com>) demonstrates the preparation of nutrient dense foods in a straightforward and easy to follow chaptered format. The information in this DVD has hit home in the hearts of many who are now seeking to find foods that truly nourish and sustain their health.

Burlington, CO- Maria Atwood, Eastern Plains of Colorado Weston A Price Chapter Leader, is now offering the 90 minute DVD "[Cook Your Way to Wellness](#)" with the "Tell Me More" supplemental booklet to the general public. This DVD sold out after being viewed by hundreds of natural health practitioners at a recent Standard Process West convention in Colorado.

Maria Atwood CNHP, herself a former vegetarian, credits following Sally Fallon-Morrell's leadership with the health she now enjoys. Maria created "Cook Your Way to Wellness" to use as a demonstration tool to help her teach traditional food preparation to others at her Weston A Price chapter meetings. Although these foods can be made by reading "[Nourishing Traditions Cookbook](#)" written by Sally Fallon-Morrell & Mary Enig PhD, "Cook

Your Way To Wellness", which has been praised for its easy to follow format, gives a



welcome visual presentation to the mysterious sounding foods such as Kefir, Fermented Vegetables and other Nourishing

Traditions recipes. After watching her DVD people have commented that they have the confidence they need to tackle these new skills of fermentation, kefir making, beet kvass, jerky making (following the traditions of her Piute Indian grandmother) and kombucha tea. The ease with which she prepared these foods, one step at a time, exemplifies that all people can prepare these truly life giving foods for themselves.

Owning the "Cook Your Way to Wellness" DVD is akin to having a traditional cooking seminar in your own living room. Maria feels strongly that these teachings have changed many people's lives by reintroducing them to the simple, whole diet of our ancestors, and which may truly restore us to a life filled with strength and vitality. In "Cook Your Way to Wellness" both newcomers and seasoned cooks unfamiliar with fermenting will understand how easy it is to prepare these marvelous foods. Both the Nourishing Traditions, The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats, and "Cook Your Way to Wellness" are available at Maria Atwood's website: <http://www.traditionalcook.com> Additionally, Maria has added a superior stoneware baking line of cookware, cutlery, fermented cod liver oil, high vitamin butter, and diatomaceous earth, which she considers an intricate part of her personal diet. A future mail-order catalog will be available soon.

Cook Your Way to Wellness and the supplemental "[Tell Me More](#)" booklet, is a seminar that could easily cost several hundred dollars if given in person, but is now available for only \$42.95. Free shipping, and sold only within the contiguous USA. Order on-line at <http://www.traditionalcook.com> or send check or money order to: Maria Atwood CNHP, P.O. Box 355, Burlington, CO 80807.



About Maria Atwood: Maria Atwood, CNHP, is a Certified Natural Health Professional, traditional foods teacher and natural health advocate. She accepted the responsibility of chapter leader in the Eastern Plains of Colorado in order to further the work of the Weston A. Price Foundation and Dr. Weston A Price's life long goal which are summed up by his dying words: "You Teach, You Teach, You Teach". Her personal specialty is teaching others the benefits of nutrient dense and traditional foods.

Web Site: <http://www.traditionalcook.com>

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