


Gauthier Promotions

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Canadian Author is Headed for National Best Seller: Discover the Top 20 Cancer-Fighting Foods to include in your Recipes

VANCOUVER, BRITISH COLUMBIA, CANADA - Creating healthy and delicious home-cooked meals is always a challenge. Even with the best of intentions, it's not an easy task to ensure that the meals you prepare are tasty and nutritionally sound.

Now with *Staying Alive! Cookbook for Cancer Free Living* you can satisfy both these goals. Sally Errey, Author, will be appearing in Calgary, Alberta, from May 29, 2004 to June 2, 2004 just in time for June 6, National Cancer Survivors Day. Discover cancer-survivor's strategies and over 100 delicious and easy recipes.

“More than just a cookbook, *Staying Alive! Cookbook for Cancer Free Living* may help save the life of someone you love or even your own. These stories, tasty recipes and strategies will inspire and motivate you to achieve optimum health,” says Neal Barnard, MD, President, Physicians Committee for Responsible Medicine.

Staying Alive! reflects on today's lifestyle and features all exciting design elements and appealing photography. Make scrumptious soups, sensational salads, tasty entrées, vegetables and dreamy desserts.

Start your busy week with a *Chocolate Smoothie* and *Walnut French Toast*. Brighten lunchtime fare with *Warm Mediterranean Salad* or *Amazing Mango Salad*. *Cranberry Bars* are the perfect snack for any time of the day. Give dinner a kick-start, with *Creamy Roasted Garlic Tomato Soup*, followed by *Even Easier Stir-Fry*. Entertaining...? Dazzle your guests with *Italian Fasta Pasta Salad*. Let's not forget dessert, with such sumptuous fare as *Peach and Raspberry Cobbler*.

The Canadian Distributor sold out of its stock of books in just 5 weeks. See for yourself why this book is headed to be a National Best Seller.

For further information, contact Lisa Gauthier at 604-317-5919.

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For photos, interviews and media kits, please contact publicist Lisa Gauthier at 604-317-5919

