

Contact: Gail Torr
Tel: 310 475 6549 Email: ourgail@ca.rr.com

CHEF TETON'S 'ESSENTIAL CUISINE' Making Every Bite Count

"Chef Teton is on a nutrition crusade to help give us Americans some exciting new & tasty food ideas. She is committed to teaching us about where our food comes from, how it is processed and what ingredients are used." Gardenchef, Paul F. Wenner the inventor of the Garden Burger.

"It's time for a revolution in America's kitchens", says nutritionist, educator, and food activist Chef Teton. In her six part DVD series 'Essential Cuisine', Chef Susan Teton Campbell (**Teton/June 2007/\$84.95 per set**), launches a culinary system that promises to change the way Americans eat by making every bite count.

After touring the nation as co-author of the *Healthy School Lunch Action Guide* and talking to thousands of parents, teachers and children Chef Teton realized that everyone knows that natural 'whole' foods are the healthiest choice. But she says, *"I found that they needed to know 'why' whole foods are so vital to their health, and they need to know 'how' to integrate those foods into their current lifestyles."*

Now, Chef Teton is on a culinary crusade. Spurred on by the success of the Healthy School Lunch Action Guide, which was endorsed by both the USDA and the Physicians Committee for Responsible Medicine, she has produced 'Essential Cuisine' to bring highly functional foods to every family in American. *"Some research has shown that children's test scores are improved with certain nutrients, there is evidence that ADHD symptoms can be lessened with low sugar and chemical free diets. What we put in our mouths and the mouths of our children can really matter a great deal and I believe change must happen,"* urges Teton.

'Essential Cuisine' comprises six easy to follow DVDs filled with nutritional facts and great tasting smart food. Chef Teton combines raw and 'living' foods with cooked food. The series gives basic information about sprouting and soaking nuts, seeds and legumes to create 'living' foods. She shows how to mix and blend sauces, dressings, nut milks, soups and seed cheeses and how to create delicious sugar free deserts. She reveals the secrets of essential fats and minerals that can stabilize metabolism support the digestive system and improve cell function. These same fats and minerals create glowing skin and flexible joints and, not surprisingly, are the very oils and minerals missing from the average American diet. Plus she shows how to make probiotic foods that benefit digestive health.

Every ingredient in 'Essential Cuisine' is selected for its nutritional value and great taste, each recipe creates a power packed meal that not only fuels the body but works to maintain maximum health. Chef Teton promises to make every bite count and it's a promise she keeps.

'Essential Cuisine' is beautifully produced with over an hour of material on each one of the six DVD's included in the set. It is available as a full set of six or as the following segments; Raw Food Basics (3 DVD's), A La Oils (2 DVD's), Cultured Foods, (1 DVD) and Teens Teaching Teens (1 DVD).

Contact: Gail Torr
Tel: 310 475 6549 Email: ourgail@ca.rr.com

ABOUT CHEF TETON

Susan Teton Campbell has been a food professional for over twenty years, training with raw food visionary John Robbins. She is co-author of *Healthy School Lunch Action Guide* winning endorsements from USDA, California State Child and Nutrition Department and Physicians Committee for Responsible Medicine. She has lectured and taught across the country and continues her educational work with her multimedia project, "Raising a New America".

Please visit www.chefteton.com to learn more.

ABOUT TETON PRODUCTIONS

Teton Productions is a publishing company focused on producing books, DVD's and website materials about healthy food. Teton Production's mission is to educate and entertain the public about preparing and eating delicious high quality foods that deliver maximum health benefits. The company is based in Hawaii and is committed to sustainable practices in the growing and preparation of food.

Please visit www.tetonproductions.com to learn more.

ESSENTIAL CUISINE

Making Every Bite Count

By Chef Susan Teton Campbell

Teton Productions/June 2007/\$89.95 set