



For Immediate Release

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THE ULTIMATE FOOD FIGHT: NATURAL GOURMET INSTITUTE CLASS TEACHES HOW TO BATTLE CANCER WITH HEALTHFUL RECIPES

(New York, NY) July 29, 2013 — Hippocrates said it first: “Let food be thy medicine.” Experts agree that maintaining a mostly plant-based whole foods diet is a simple, inexpensive way to help reduce the risk of cancer. According to the American Cancer Society, about 1,660,290 new cancer cases are expected to be diagnosed by the end of 2013; about 580,350 Americans are projected to die of cancer, nearly 1,600 people a day. Cancer is the second most common cause of death in the U.S., accounting for nearly 1 out of every 4 deaths.* Whether one is currently fighting cancer or simply interested in learning ways to prevent its onset, the [Natural Gourmet Institute’s](#) hands-on [Cancer Fighting Menu](#) cooking class is a great way to learn how the right combination of ingredients can be a prescription for greater health.

Chef Marti Wolfson will discuss the medicinal and culinary properties of a range of cancer-fighting foods, and show how to create tasty recipes, along with modifications for those undergoing treatment. She’ll also offer a wealth of suggestions for replacing processed foods and fats with nutrient-rich, colorful plant-based foods. Dishes that will be prepared in class include: *Curried Cauliflower Soup • Mineral-Rich Seaweed Salad with Daikon Dressing • Indian-Spiced Red Lentil Dhal with Pear Chutney • Pan-Seared Chickpea Cakes with Coconut-Red Pepper Sauce • Mediterranean Herbed Wild Salmon • Moroccan Vegetable Quinoa Pilaf • Sautéed Swiss Chard with Ginger, Sweet Potato and Toasted Walnuts • Berry Parfait with Cashew Cream*. (Fish in one recipe; gluten-free and dairy-free)

Chef Wolfson is a graduate of the [Natural Gourmet Institute for Health and Culinary Arts’ Chef Training Program](#). She has continued her education by attending the Institute of Functional Medicine’s Nutrition Course, The Center for Mind-Body Medicine Cancer Guides, and the Food as Medicine Course. She developed and directed BlumKitchen at the Blum Center and is the co-author of the *BlumKitchen Nutrition Guide and Cookbook*. She brings a decade of experience in wellness through teaching, consulting, writing and program development for kids, adults and corporations and has been a featured chef on ABC Eyewitness News Channel 12, Connecticut.

The Cancer Fighting Menu class takes place Saturday, October 12 from 1pm-4:30 pm at the Natural Gourmet Institute, 48 W. 21st Street, New York, NY 10010. The fee is \$115.00 per person. To register for this class or other public classes at NGI, call 1-212-645-5170 ext. 4 or visit www.naturalgourmetinstitute.com.

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About Natural Gourmet Institute

Founded in 1977 by Annemarie Colbin, Ph.D., the Natural Gourmet Institute (NGI) is the leader in teaching health-supportive cooking as well as elucidating the relationship between food and health. NGI believes that what we eat significantly affects our physical, mental and spiritual well being.

* Cancer Facts and Figures 2013, American Cancer Society:
<http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2013/index>