



For Immediate Release

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**CLASSES TO KICK-START A HEALTHIER NEW YEAR:
Natural Gourmet Institute's Winter Recreational Classes
Teach Students to Choose and Prepare Healthful Dishes in 2011**

New York, NY - December 29, 2010 - While many make New Year's Resolutions to eat more healthfully, few achieve their goal on their own. Whether looking to lose weight or simply eat healthier foods, one sure-fire way for people to ensure they have the resources and support needed to stick to their guns in 2011 is to sign up now for one The Natural Gourmet Institute's (www.naturalgourmetinstitute.com) winter line-up of recreational classes. NGI offers a wide variety of cooking classes and lectures designed to help students learn to turn natural, whole foods into mouth-watering, healthy masterpieces and to make the best food decisions for their well being. Here are just a few of the many classes on offer:

Achieving Your Weight-Loss Goals: Small Steps, Big Changes: Getting healthy and achieving weight loss goals takes work, but it may be easier than some think. Join life coach, doctor of physical therapy, loser- of 230 pounds- and stand-up comic, Dr. Russ L'HommeDieu, as he discusses why traditional diet plans only work in the short term; the role of fats, carbs, protein, and fiber; and how to establish healthy habits a little at a time so they don't overwhelm people, sending them back to familiar unhealthy behaviors. Russ's method isn't about achieving perfection, it's about getting better and being kind to oneself in the process. **Saturday, January 22, 2:00 p.m. – 5:00 p.m. Instructor: Russ L'HommeDieu, DPT (lecture)**

The Great Life Diet: Why should anyone settle for a *good* life when they can have a *great* life? In this engaging encounter with Denny Waxman, renowned author, speaker and macrobiotic counselor, students will discover a revolutionary approach to the macrobiotic diet and lifestyle that will strengthen their physical, mental and spiritual well being. In seven easily achievable steps, Denny weaves a diet of whole grains, fruits and vegetables to a lifestyle that nourishes the mind, body and spirit and that constantly aims to strengthen overall health. This class will focus on how to add healthier foods and lifestyle practices into one's life with flexible principles that have helped thousands of people with ailments ranging from the common cold to chronic fatigue, heart disease and cancer. **Tuesday, February 8, 6:30 p.m. - 8:30 p.m. Instructor: Denny Waxman (lecture)**

Vegan Baking Bootcamp Intensive: On a mission to make world-class desserts without dairy, eggs, and refined sugar? Then sign on for some "basic training" in the field. Fran Costigan, chef-instructor and author of *Great Good Desserts Naturally* and *More Great Good Desserts Naturally*, will teach students to use ingredients specific to vegan baking and gain the

confidence to adapt many standard recipes to delicious vegan versions.

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Novice and experienced bakers alike will benefit from the expert training offered in this unique 5-day intensive. Plating of desserts will be practiced daily, and a unique dessert buffet party will conclude the course! Classes include: *Introduction to and Fundamentals of Vegan Desserts; Creamy and Gelled Desserts, Sauces, and Introduction to Measuring, Sifting and Mixing Batters; Cookies, Bars, Muffins, and a few New Old-Fashioned Desserts: Biscuits, Scones, Shortcakes, Slumps and Crumbles; Pies and Tarts; and Perfect Cakes and Fabulous Frostings, Fillings & Creams.* **Thursday, February 17 - Monday, February 21. Instructor: Fran Costigan (lecture, demo, hands-on)**

In addition, NGI is offers a wide variety of fascinating courses on topics ranging from **Vegetarian Soups, Stews and Salad Suppers**, where students will learn to make such delectable dishes as *Butternut Squash Soup with Crispy Shallots and Sage/ Baby Greens Salad with Roasted Red Pepper Vinaigrette and Walnut-Crusted Goat Cheese Medallions*; **The Miracle of Lacto-Fermentation**, where students can practice traditional fermentation techniques, enjoy some of Chef Instructor Peter Berley's own handcrafted fermented foods, and take home his wild-cultured sourdough starter to start their own bread at home; **Vegan Dumplings from Around the World**, in which students will enjoy making dumpling recipes from Asia, Europe and the Americas, and **A Cooking Class for People with Cancer**, an upbeat and information packed-class that teaches students to prepare health promoting, nutrient-dense food-as-medicine to relieve or prevent cancer symptoms.

More information about these and other NGI Recreational Classes can be found online at www.naturalgourmetinstitute.com or by calling 212-645-5170 ext. 4.

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About Natural Gourmet Institute for Food and Health

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.

The Natural Gourmet Institute for Food and Health offers excellent learning opportunities to the general public. Through a combination of cooking classes and lectures, NGI teaches health-supportive food preparation, as well as an ever-expanding array of approaches to nutrition, including models from Western nutrition, Chinese medicine, macrobiotics, raw foods, fermentations, Ayurveda and more.

The Natural Gourmet Institute for Health & Culinary Arts Chef's Training Program was created in 1987 in response to the demand for culinary professionals skilled in the art of preparing beautiful, delicious health-supportive cuisine. This accredited, comprehensive, mostly-vegetarian program -- the only one of its kind in the world -- prepares students for

careers in health spas, restaurants, bakeries, private cooking, catering, teaching, consulting, food writing and a variety of entrepreneurial pursuits.