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FRESH OFF THE PRESS, *STARTING FRESH!* BY JILL DAHAN

Lorimer Press is pleased to announce the publication of *Starting Fresh!* by Jill Dahan. This beautiful book is brimming with more than 150 easy, delicious and healthy recipes. For seasoned cooks, or those who rarely turn on the oven, this book demonstrates how easy it is to make a fresh start and enjoy better health and wellbeing. There are fresh new ideas for breakfast, lunch, dinner and everything in between. Jill Dahan combines natural ingredients with fun techniques for food everyone will love.

Jill Dahan is passionate about preparing, eating, and sharing foods that nourish the body and the soul. She sees food as the best investment in our overall health and firmly believes the time is now to make changes and get cooking!

After two of her sons experienced serious health issues, including a rare form of cancer, she found she could no longer rely on standby ingredients while cooking. In her quest to help her sons regain their health she began using products she never knew existed, or using them in unexpected ways. The result is a collection of delicious dishes that deliver exceptional nutritious benefits. As she began to develop these new recipes, she realized the transformative power of food and set out to share this newfound knowledge so that others might enjoy the same life enhancing benefits. In *Starting Fresh!*, she has combined everything she's learned about foods, flavors, and nutrition to create mouthwatering dishes that nourish the body and delight the taste buds.

Currently, she teaches cooking at Earthfare supermarkets and works on behalf of many non profits to raise money, awareness, and life skills that support healthy minds and healthy bodies. A portion of the proceeds from sales of *Starting Fresh!* go to Boston Children's Hospital.

Lorimer Press, established in 2000, is a small press in North Carolina that specializes in producing high quality, beautiful books. For further information, contact the Press at 704-896-8998.

Starting Fresh! is now available at fine bookstores, Earthfare supermarkets, Amazon, or at www.jilldahan.com.

For further information about *Starting Fresh!*, or to set up an interview with Jill, please visit www.jilldahan.com, or contact publicist Cindy Campbell at 919-923-8857.

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