

Eat Real Food or Else - A Cookbook for the 21st Century

By: Lien Nguyen, Mike Nichols MD and Chef Charles Vollmar

Hardcover with dust jacket, 304 pages, 8 x 11 inches

Golden Lotus Publishing, Palo Alto, California

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ISBN-13: 978-0986252013

MEET THE AUTHORS

Liên Nguyen was born in 1960 in Paris, where she received her education and trained as an electrical engineer (X-Telecom). After a 20-year high-tech career in Silicon Valley, she retired from signal processing and turned to the really important question: how to stay healthy and keep her family healthy.

It soon became obvious that nutrition is the main component of life enjoyment and health that everybody can act on.

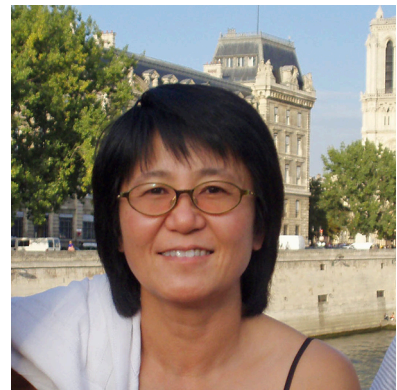


An award-winning author, Nguyen has since published several cookbooks in French and English. Her cookbooks strive to go beyond mere technical description of recipes: for her, the cookbook is the ideal vessel to blend culinary topics with her other areas of interest, such as culture, history and science.

- In her first book (*La cuisine Vietnamiennne par l'image, Orphie Editions*), she taps into her mother's expertise to document the culinary traditions of Vietnam in the 50s, seeking to immortalize a way of life that is quickly fading away.
- In another book (*Le Haut Val d'Arly pas à pas, Orphie Editions*), she records the collective memory of a small village in the Alps. Her goal is to preserve traditions that have been fiercely guarded and kept secret for decades, but now face the threat of oblivion.
- *Eat Real Food or Else* (Golden Lotus Publishing), her latest book, was sparked by her meeting a remarkable doctor, Mike Nichols, whose approach to health, based on prevention and lifestyle, has changed her life and the life of her family.

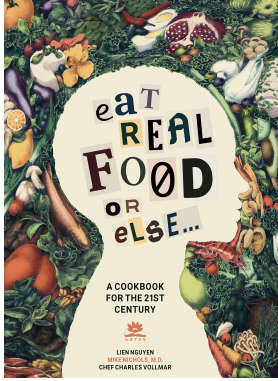


Her blog is a spot where people can discuss the latest nutrition news, nutritional myths are debunked, and nutritional information is offered. Visit it at www.eat-real-food-or-else.com.



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Mike Nichols, MD is a classically trained physician (pre-med U. of Chicago, med school at Loyola U. of Chicago, residency at Stanford), with training as a surgeon and with emergency medicine experience.



For the last 20-plus years, Dr. Nichols has been working on a quantitative model of the practice of medicine. Through a combination of software development and integration of heart rate data and other biological markers, he has developed a complete health system called “Quantitative Medicine.”

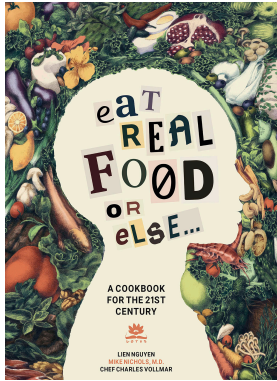
For more detail about Quantitative Medicine, consult his blog at <http://quantitativemedicine.net>.



Dr. Nichols believes that what each person needs in order to attain peak health varies. Sometimes it is diet modification, sometimes more effective exercise; often it entails dealing with stress and mindfulness, and sometimes even pills. Food is, of course, an obvious and important factor in a medical philosophy that treats the body as a whole, rather than a collection of separate organs.

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Chef Charles Vollmar is an honors graduate of the California Culinary Academy in San Francisco. Following his training at *Chez Panisse Restaurant and Cafe* and *Wente Vineyards*, he taught at several prominent San Francisco Bay Area cooking schools. He established his company, Epicurean Exchange, in 1999.

As a practicing chef instructor and culinary health educator, Chef Charles Vollmar emphasizes wellness, prevention and lifestyle enrichment. He is interested in all topics relating to cooking, nutrition, fitness and food appreciation.



Epicurean Exchange was a pioneer in the team-cooking concept, using the kitchen as a vehicle for corporate team building, gatherings and retreats. This continues today, as companies, families and friends gather to cook, celebrate and enjoy quality experiences together.

Chef Charles Vollmar is also a seasoned culinary guide who leads interactive behind-the-scenes tours presenting the philosophies and practices of local food producers and artisans. He also organizes and guides tours abroad to explore the various cultures and origins of the food world.



For more details about Chef Charlie's culinary activity and food philosophy, consult his website at www.epicureanexchange.com.

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