

# Cooking yourself better



GUILT-FREE recipes are on offer from a Malvern homoeopath hoping to inspire residents to eat their way to better health.

Jill Etheridge's new book *Wholesome Eats* includes 36 recipes inspired by her work as a Health Creation Mentor, working with people recovering from cancer or seeking to prevent it.

The ingredients are based on the healthy eating guidelines in the Health Creation Programme with cakes and desserts relying on the natural sweetness of fruits and juices.

She said: "I have always been interested in cookery and how nutrition impacts on our health. As they say, we are what we eat. It seemed to be a natural progression for me to look at prevention of illness and aiding recovery through food.

"According to the Cancer Research UK website, experts think that nearly one in ten UK cancer cases are caused by unhealthy diets."

The book is on sale priced at £7.50 at the Malvern Book Co-operative, from publishers Aspect and directly from Jill by calling 01684 564266. She will be demonstrating recipes at the Malvern Bookshop on Wednesday, January 22, at 7.30pm and is available to give demonstrations to local organisations.

**Jill Etheridge cooks up a recipe from her new book. (s)**