

# **VERY WELLNESS**

**By Val Allen, 2003**

I am pleased to have the opportunity to write this book review. Val Allen served as a member of National Council for many years and is a highly regarded Naturopath within the profession.

Val has written in the introduction to *Very Wellness* that the book is the response to requests from patients who have asked for clear, simple information regarding which foods do and don't create health, and how to prepare meals using healthy ingredients.

The book responds well to these requests from patients and offers explanations of basic principles regarding diet and lifestyle, in an easy to understand and informative manner.

The range and quality of the recipes in the book offer not only a useful tool for the patient, but also the practitioner. One of the areas in the book, that I anticipate will be most useful is the recipes suitable for children. Like me, you are probably often on the look out for ideas and new recipes you can suggest to parents, that will be interesting and appetising to give children when they come home from the school as well as to put in their school lunches.

The Fruit Icy Poles made with natural yoghurt (page 171), Peach Jelly (page 174), Nut Muesli Crunch (187), Berry Yoghurt Protein Slice (page 188) and Blueberry Muffins (page 191) are but a few of the recipes included in the book that would be suitable for these purposes, and are appetising as well as healthy.

*Very Wellness* also offers a glossary including information about the foods in the recipes and where to find them – health food shops, Asian food shops, supermarkets; resources and further reading list which includes websites and contact details for the associations to enable the public to find a practitioner; and a recipe index.

I would recommend the book as offering useful and straightforward information on the basic principles regarding diet and lifestyle for the patient, and as a good resource (120 pages) of recipes for the practitioner.

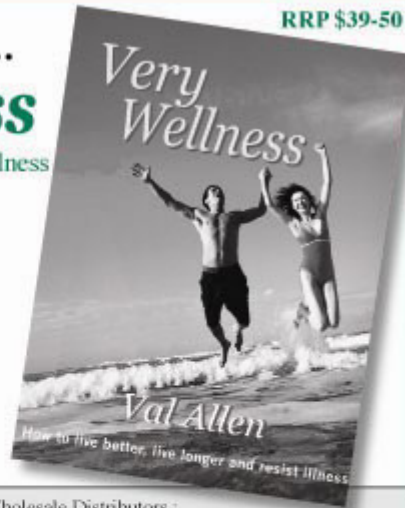
Kerry Le Rossignol  
Practitioner  
March 2004



## Val Allen's guide to... **Very Wellness**

How to live better, live longer and resist illness

RRP \$39-50



- ★ An invaluable practitioner tool for optimising practitioner/patient consultation time.
- ★ In-depth patient information about the significant health benefits of great-tasting nourishing food.
- ★ Includes over 300 specially-developed **low fat, low dairy, wheat-free, low sugar, low glycaemic index** recipes.
- ★ A beautifully-presented, classy book containing 248 pages of vital information with over 100 inspiring colour photographs of recipes.

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