

Sacred & Delicious

A Modern Ayurvedic Cookbook

Publicity Contact

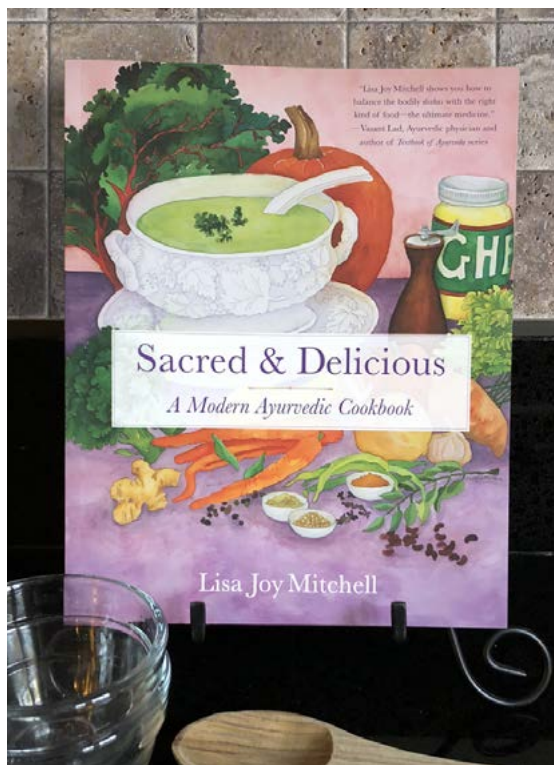
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New Cookbook Blends India's Wisdom with American Traditions



Raleigh, NC — If you're looking for a healthy and delicious approach to eating that has endured for millennia and transcends fads, there is a new cookbook coming called *Sacred & Delicious: A Modern Ayurvedic Cookbook*, published October 16, 2018, by She Writes Press. This four-color, 280-page book is a primer on India's ancient dietary approach to wellness, a celebration of the sacred and healing power of food, and a personal food memoir.

Author Lisa Joy Mitchell began studying Ayurvedic cooking twenty years ago, after recovering from chronic health problems with the support of Ayurveda, which is a traditional approach to wellness from India. Ayurveda recognizes that many health conditions can be avoided, managed, or even reversed through better food choices. "I feel better at 63 than I did at 43," Mitchell said, "and I never would have expected that. I wrote *Sacred & Delicious* because I was thrilled to be getting healthier in so many ways as I was aging. I became passionate about sharing the healing path that helped me break the eating habits that were undermining optimal health."

In her book Mitchell applies Ayurveda's principles of balance to American-style cooking, offering 108 vegetarian dishes—most with vegan options and all but two of them gluten-free. *Sacred & Delicious* recipes celebrate the healing power of freshly cooked food and diverse spices that reflect the many flavorful cuisines served today throughout the

U.S. The recipes include some traditional Ayurvedic healing foods—whole mung soup, split mung dal, and *kitchari*—but most of the foods are available in American grocery stores. Mitchell's unique cooking style often blends cooking traditions of East and West, Southern and Jewish, with the creative use of spices—for instance, starting with a base of cumin and coriander, perhaps turmeric or mustard seeds, and then topping the flavor with more familiar American herbs such as basil and oregano or rosemary and thyme.

Mitchell emphasizes legumes and vegetables in her entrées, soups, and sides, creating dishes that address modern food concerns such as gluten and dairy intolerance. She includes what she considers "clean" versions of American-style breads, pancakes, and desserts, saying that most people will eat these foods on occasion no matter what anyone has said to them about avoiding starch and sugar. "People need a way to satisfy their sweet tooth with fewer carbs and much less sugar," she says. Her forte, and focus, is easy-to-cook dishes that dazzle the senses so that someone new to a restrictive diet need not feel deprived of pleasure: a broccoli soup with almond butter, holiday sweet potatoes topped with glazed pecans, a gluten-free peach cobbler (to reflect her Southern roots), and matzoh ball soup (to honor her Jewish heritage).

Much more than a cookbook, *Sacred & Delicious* begins with an Ayurvedic primer in which Mitchell recounts



her struggles with chronic health problems that began in her 30s. She describes herself as a student of Ayurveda, which is a vast and complex science. For this reason, she conveys only the most basic principles of Ayurveda, describing them so simply that anyone can understand and apply these concepts—and, thereby, begin to transform their diet, improve their digestion, and support their recovery from the many acute and chronic health problems that seem to plague the modern world.

Mitchell says she approached writing the book as a student, a journalist, and a memoirist, interviewing experts, culling information from research, and sharing experiences based on her exploration of cooking and contemplation of the adage “food is sacred.” She invites readers to engage with food in a new way, not merely as an object of pleasure—though Ayurveda teaches that food must be delicious to be healthy. She writes, “Ayurveda recognizes food as energy—not just fuel, mind you, but as an expression of

divine consciousness, the living power of creation.” She invites readers who are on a spiritual path to contemplate food as a portal to the divine experience.

Sacred & Delicious: A Modern Ayurvedic Cookbook is distributed by Ingram Publisher Services and is available at many independent books stores and retail stores as well as on amazon.com, barnesandnoble.com, indiebound.org, and shewritespress.com.

“Sacred & Delicious is that one book that will really change your life. If you want to live a long, vibrant life without the aches and pains everyone says are an inevitable part of getting older—and without sacrificing all the delightful tastes you love—this is the book for you!”

~ Debra Poneman, author of What!?! No Meat!?! and founder of Yes to Success Seminars, Inc.



About the Author



Lisa Cagan Mitchell, a busy public relations consultant, was drawn to study Ayurvedic cooking twenty years ago, when chronic health problems began taking center stage in her fast-paced life. On her road to wellness, Lisa, changed her diet and began an informal study of Ayurveda (pronounced I-yer-VAY-duh), the ancient medical system of India that emphasizes a balanced and individual approach to eating.

It is this culinary and lifestyle wisdom that Lisa has incorporated into her recently published cookbook, *Sacred & Delicious*. During the course of gathering material for this book, Lisa studied informally with the renowned Ayurvedic physicians Dr. Vasant Lad in the U.S. and Dr. Smita Naram in India.

Lisa is now a wellness mentor and Ayurvedic cooking instructor based in Raleigh, North Carolina. She often works in partnership with her husband, Tom Mitchell, a chiropractic physician who practices Ayurvedic pulse assessment and herbal medicine, to consult with patients about dietary changes. Lisa teaches how to combine foods and spices creatively to support

vibrant health and how to manage chronic pain and illness with an Ayurvedic approach to diet. During the past decade, Lisa has cooked for hundreds of participants in Ayurvedic clinics and meditation courses. She has been meditating and leading meditation groups for more than 30 years, and she brings this practice and yogic knowledge to her writing of *Sacred & Delicious*. She also shares her experiences about the noble and sacred undertaking that cooking truly is.

Lisa grew up in Florence, South Carolina. She holds a bachelor's degree in journalism from the University of South Carolina. She began a 25-year career in journalism and public relations in Columbia, South Carolina, writing—and later editing—the magazine of a national trade association. From 1982 to 1997 she worked as a PR consultant in Dallas with three prominent public relations firms and an international training company.

The Mitchells have lived in Raleigh since 1997.



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About the Author



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