

## News

# Spreading her message

## Samantha Gowing's book is all about good health

By JANN BURMESTER

FROM Sydney to Melbourne, Bali to Byron Bay, Samantha Gowing is spreading her health message far and wide.

The Byron Bay chef/mentor/clinical nutritionist and renowned spa chef wants the world to know that good health and good eating go hand-in-hand.

Known for her trademark humour and appetite for a good laugh, Samantha says you can still have your wheat-free, dairy-free, gluten-free, sugar-free cake and eat it too.

For the past 14 years, Samantha has worked with people all over the world on improving their health and wellbeing.

Her wealth of knowledge, garnered from her travels and her globally-recognised business, Gowing's Food Health Wealth, has now culminated in Samantha's first book, *The Healing Feeling*, which she launched in Byron Bay last Thursday at St Elmo's.

The book represents

Samantha's life work and passion and features 144 colour pages where she shares not only her health-giving recipes and remedies, but also engaging personal stories and her extensive knowledge of nutrition and Chinese medicine.

Published by Whole Happiness (a trademark of Gowing Restaurant P/L), the book was first launched at the Ubud Readers' and Writers' Festival in Bali in October, and according to Samantha has been "very well-received."

"I'm thrilled with the book," she said.

"It's the culmination of 14 years of hard work and my push for people to realise that what we eat is directly related to how we feel.

"You'll find natural remedies to cleanse your liver, calm your nerves and restore your gut with good bugs.

"If eating well, losing weight, gaining energy and better health are on your wish list, then *The Healing Feeling* is for you."



EAT WELL, BE WELL: Byron author Samantha Gowing signing copies of her new book, *The Healing Feeling*, at St Elmo's Bar last Thursday.

PHOTO: JANN BURMESTER

### ART CLASSIC

IT'S time for artists to get ready for the Byron Art Classic (BAC), with registrations open from November 4 to until December 2 at the Byron Community Centre.

The exhibition will be held from January 10-15 next year when the Byron Community Centre is transformed into a gallery showing more than 400 works.

Judges announced so far are sculptor Dominique Sutton, painter Belinda Black, photographer Kirra Pendergast and Art Park curator Paul McNeil.

There are more than \$10,000 worth of prizes to be won in the categories of painting, works on paper, photography and sculpture.

Organiser Mouche Phillips said the BAC had become an integral part of the cultural fabric of the Northern Rivers region. "The exhibition provides an opportunity for emerging artists to take their practice more seriously, and showcase their work alongside more established artists," she said.

To register online or download entry forms, go to: [byroncentre.com.au](http://byroncentre.com.au)