



gowings
FOOD · HEALTH · WEALTH

wellness business solutions

Gowings Restaurant P/L
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Chef Samantha Gowing *Dip.Hlth.Sci.-Nut.; LCBMGastTour*
Founder Gowings Food Health Wealth 1999
Le Cordon Bleu Master of Gastronomic Tourism
Author of *The Healing Feeling*

Before nutrition became trendy, before kale became the superfood superstar, and before the green juice Instagram selfie was ever a 'thing', there was Sam Gowing, spreading the word on healthy cuisine and all that it encompasses. The Chef hat-winning restaurateur, who traded her fast-paced city career to follow her passion for health and wellbeing, retrained as a clinical nutritionist, and recently received her Master's degree in gastronomic tourism from the prestigious, Le Cordon Bleu.

Combining these skills with her already celebrated cooking talents, Gowing has established herself as Australia's leading spa chef, kick-starting the 'food as medicine' movement, which has since snowballed into a widely embraced philosophy.

Today, Gowing continues to create contemporary culinary masterpieces, designed to tantalize the taste buds as well as heal the body and nourish the soul.

Her Byron Bay based global wellness company Gowings Food Health Wealth creates culinary programs for luxury hotels, spas and health retreats worldwide. FHW offers dynamic wellness business solutions that help food and health entrepreneurs create successful and sustainable businesses.

She is the self-published author of The Healing Feeling, and writes prolifically on the future of food, food trends and the cult of the green smoothie. At the 2015 Global Wellness Summit in Mexico City Sam delivered her speech about future food and healing trends, following Deepak Chopra.

Even MasterChef's Matt Preston is a fan. "She is a front of wisdom when it comes to tasty, healthy eating," he said.

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