



Nourished: The Plant-based Path to Health and Happiness

Pamela Wasabi

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Nourished: The Plant-based Path to Health and Happiness Pamela Wasabi
Harmony, Health and Happiness for our Body, Mind and Spirit.

Nourished, the debut book by plant-based chef and holistic nutritionist Pamela Wasabi, invites readers to discover a new love and understanding for our bodies and how we feed it. Pamela shows readers how learning to cook helped her to overcome medical challenges and put her on the path to becoming a plant-based chef. Her highs and lows serve as an example for the power nourishment can have on us. Organized in accordance with the life-cycle of a plant, from when we plant a seed to when the flower blooms, Wasabi prescribes what it takes to truly nourish your body, mind and spirit.

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