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Breaking up, making up with food

Yoga, Ayurveda teacher tells readers how to find freedom in their relationship with food

MAUI, Hawaii – When fighting spouses realize the relationship isn't working, they typically do one of two things: Go to counseling, or file for divorce. Similarly, disgruntled employees have a few options at a toxic workplace: They can take it up with superiors, or file their two weeks' notice. So when faced with obesity, diabetes, or a similar affliction, shouldn't unhealthy people renegotiate the terms of their food relationship?

In her new release *Freedom in Your Relationship with Food: An Everyday Guide* (Synergy Books, January 2009, ISBN 978-0-9815462-1-6, \$16.95), Yoga and Ayurveda teacher Myra Lewin shows us how to stop our food fights. Using Ayurvedic principles, *Freedom in Your Relationship with Food* dispels the myth that freedom is eating what you want, when you want. Instead, Lewin helps readers identify the cause of their disorders – be it excess weight, moodiness, fatigue and more – and offers practices for self-healing through increased awareness and eating practices.

“Modern culture has lost touch with the sacred nature of food and eating,” says Lewin. “In this time of so-called scientific progress, many foods are genetically engineered and come from an environment polluted with pesticides, herbicides, and chemical fertilizers. Your food likely traveled hundreds of not thousands of miles to get to you. As it ages, all food loses flavor, nutritional content, and benefit to you as a consumer. Eating lifeless food made appealing with ingredients such as salt and sugar dulls your taste buds and knocks your system out of balance. You then look for food with stronger added tastes to satisfy your senses – a vicious cycle.”

In *Freedom in Your Relationship with Food*, Lewin demonstrates how eating can be a spiritual act, rather than an on-the-fly, half-conscious reflex. By outlining “doshas” – the organizing energies of the body that determine individual constitution – Lewin uses Ayurveda to help readers determine their specific makeup. One can then discover what foods, eating practices, exercise, and lifestyle habits are optimal for their type.

“Ayurveda looks at the individual and addresses lifestyle and conscious living in unity with all of nature. It contains a beautiful basis for reconnecting to your true self through food and consumption,” says Lewin. “The focus is on restoring balance within the body, mind, and spirit. The approach is to eliminate symptoms by eliminating the cause.”

In an interview, Lewin is able to discuss:

- How to spiritualize your eating: Making food and mealtimes sacred again
- Need a food divorce? How to identify the foods that make you sick, tired, and stressed out
- What's your dosha? How to eat according to your Ayurvedic type
- Ayurvedic recipes: Sweet potato pie, homemade veggie burgers and more
- How to eat for balance and harmony
- How to banish your food demons: Conduct a kitchen makeover
- Meditation 101: How to clear your mind and restore your body

Myra Lewin is the owner of Maui Yoga and Ayurveda at Hale Pule in Maui, Hawaii. As a 15-year practitioner of Yoga and Ayurveda, she conducts therapy and counseling for a broad range of students, including seniors and those recovering from addiction. Before becoming a Yoga and Ayurveda teacher, she had a corporate lifestyle in executive management and business consulting for 12 years. For more information, please visit myralewin.com.

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To request a review copy of *Freedom in Your Relationship with Food* or to set up an interview with Myra Lewin, please contact Vanessa Massey at vanessa@myralewin.com or 808.344.3634