

Media Information

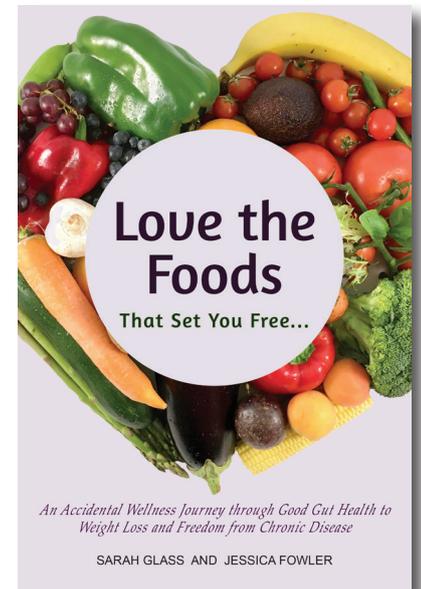
Love the Foods That Set You Free ...

An Accidental Wellness Journey through Good Gut Health to Weight Loss and Freedom from Chronic Disease

Sarah Glass and Jessica Fowler

Do you have recurring or ongoing health issues? Are you living with a chronic disease? Do you need to take multiple medications to maintain your health? Are allergies or autoimmune symptoms cropping up in your life? Do you suffer from weight management issues? Or do you have a family history of ill health and want to protect yourself against developing a disease?

Love the Foods That Set You Free takes us on a journey of discovery alongside Sarah as she learns more and more about how she can tackle ill health with simple yet effective lifestyle changes, ultimately giving us the knowledge, understanding and tools to apply these revelations to our own lives. Sarah's conversational style, together with her daughter Jessica's insights, leads us through her inspiring story and holds our hand while exploring the research that has transformed her health. *Love the Foods That Set You Free* is an empowering and enjoyable read that will launch us into a new paradigm of thinking about our health.



Selling Points

- A comprehensive easy-to-read guide that takes readers on a step-by-step journey to good gut health and thereby improved overall health, and weight loss with no calorie counting.
- Follows the real life story of the author through this journey and leads the reader through new medical research by reputable medical sources from across the world, pulling together a wealth of information into one book.
- Empowers people by giving them the knowledge to make better decisions about lifestyle and how it directly affects their health.

About the Authors



Sarah Glass

BSc (Hons), DipSysPrac. Grad.Cert.Sci (Astronomy)

Sarah is a Melbourne-based British/Australian wife, mother and grandmother. During her career Sarah has worked for a major US IT company as a project manager in communications software and is currently a share market analyst and investor. Sarah has been involved in the musical world since childhood and currently sings in a Barbershop chorus and an acapella quartet in her spare time.

Jessica Fowler

BSc, DipRM, AdvDip (Myotherapy)

Jessica is Sarah's daughter and a Melbourne-based myotherapist and pilates instructor. Jess is a wife and mother and consults within a small business in Melbourne. Jess has been passionate about exploring health from a holistic perspective since attending a wellness retreat at 17 years old after a bout of glandular fever. Jess also worked in the public health sector as an administrator and project support officer in major cancer hospitals across Melbourne prior to focussing on private practice.

Jess loves pottery, flowers, gardening and walks in the forest.



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