

## Press Release

FOR IMMEDIATE RELEASE

### **I'd Rather Scrub Toilets than Cook!**

by Gina Van Luven

January 4, 2010 – Many people struggle with cooking delicious, healthy meals. They either do not have the time, do not know how, or simply do not like to cook. In today's fast-food society, it is more important than ever to get back to the kitchen and create home-cooked meals.

After struggling for years in the kitchen, Holistic Health and Nutrition Counselor Gina Van Luven broke down some of the barriers she was experiencing and learned to create delicious, healthy meals in a short period of time. "It is really not as difficult as I made it out to be," Van Luven says. "Once you learn the basics, you can make just about anything."

After counseling many clients on health and nutrition and providing them with so many simple, easy and delicious recipes, Van Luven realized she had enough recipes to create a cookbook. However, she did not want to create an ordinary cookbook. Instead, she wanted to help people learn to create the meals in their own kitchens. "I'd Rather Scrub Toilets than Cook!" (ISBN 978-0-615-34079-1, \$14.95) is a summary of Van Luven's own struggles in the kitchen and how to overcome them. She says, "It will make you laugh a little and inspire you to explore your inner chef."

Gina Van Luven is certified with the American Association of Drugless Practitioners and is the author of "*I'd Rather Scrub Toilets than Cook*" and founder of *YOUUnique Nutrition™* and *Healthy Habits Wellness Center*. She practices in Park City, Utah counseling clients on how to reach their health goals using a "whole body" approach (diet, lifestyle and environment). She presents workshops and lectures to a variety of organizations on living a healthy, balanced life. Please contact her for more information at (435) 565-2062 or visit her website at [www.YOUniqueNutrition.com](http://www.YOUniqueNutrition.com).

Books are available for purchase through Ingram Publishing and Amazon. For interviews, please contact Gina Van Luven at (435) 565-2062.

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