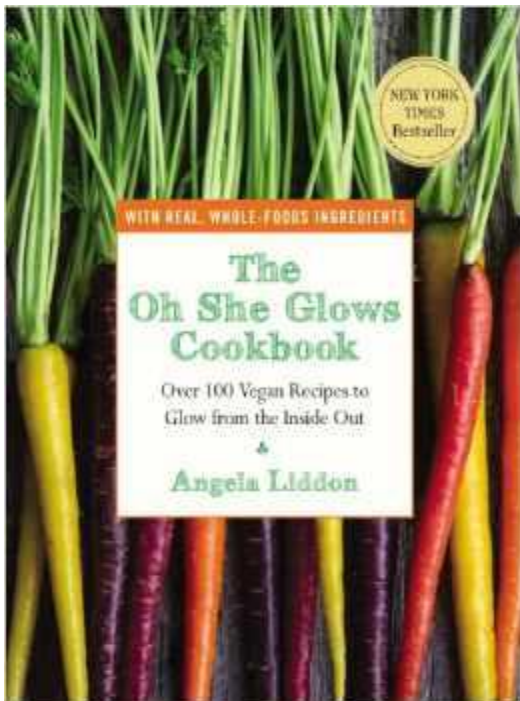


DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

April 30, 2014

The Oh She Glows Cookbook



Angela Liddon has turned her internet blog sensation into a New York Times best seller. After struggling for years with an eating disorder, Angela began a new journey to heal her relationship with food. After trading the low-calorie, processed foods she had been eating for whole nutrient-packed foods, Angela wanted to share her rediscovered health and energy. She is a self-trained chef who has spent years perfecting the art of plant-based cooking and sharing her inventive and delicious recipes on her blog ohsheglows.com.

The Oh She Glows Cookbook is full of more than one hundred mouth-watering, wholesome recipes that will please non-vegans and vegans alike. The variety of colors, textures and flavors will make your mouth water and you will be satisfied both by the food and by the fact that it is so good for you!

Mother's Day is a great time to share health and culinary joy with the women you love!

The Oh She Glows Cookbook is now available through Christopher Publications.