

Millions of People Want to Eat Healthier But Just Don't Know How!

Thirteen years ago Jill Skeem attended a \$10 lecture which changed her life! It was "Intro to Asian Diagnosis" and from that moment she started studying food and its effects on the body, plus the topic of macrobiotics. She became a certified macrobiotic health counselor, met her Idaho husband, and moved to Idaho.

Living in dairy, meat and potato country, people wanted to eat healthier but needed advice on how to do so. Jill wrote the well-received cookbook, *Comfort Food Gets a Vegan Makeover*, to help people make over the foods they love so they can still enjoy their favorites, but without the saturated fat and cholesterol.

Jill Skeem's hardcover cookbook has more than 60 delicious easy-to-make comfort food recipes with a simple vegan twist.

- Great visuals for on-air cooking demonstrations •



Jill Skeem

Show/Story Ideas:

- 5 simple habits that will improve your digestion.
- Has drinking too much water led to our obesity epidemic?
- You've decided to go vegan...now what?
- Never diet again, and lose weight naturally.
- 5 things your face can tell you about your health.
- Stop feeding your kids the same 5 foods!
- Why you should include sea vegetables in your diet.
- How to satisfy your sweet tooth without sugar.
- What to cook when vegans come for dinner?
- Gluten-free ... Friend or foe?

Media Experience:

Jill Skeem is a certified macrobiotic health counselor, educator and chef. She graduated from the Strengthening Health Institute, a premier macrobiotic educational facility in Philadelphia, PA, and is also a graduate from The Ohio State University.

Jill teaches adult and children's cooking classes. She lectures to companies and organizations on health and wellness, was a contributing writer to her local paper and various publications. She appears regularly on regional television and radio shows discussing healthy eating and demonstrating recipes. She is also a co-host of *Top Story*, a local radio talk show, www.newsradio1310.com.



Contact Info: Jill Skeem 208-320-2786 (ID)
jill@jillskeem.com
www.jillskeem.com

On Facebook: Comfort Food Gets a Vegan Makeover;
Jill Skeem; Newsradio 1310 KLIX