

## About Evelyn Paul

Evelyn Paul is a noted private chef and caterer to some of America's most discerning private and celebrity families as well as the go to Atlanta chef expert on healthy eating for Fox five Atlanta, CBS Atlanta and AJC.

She has just recently returned from a four years personal sabbatical to find ancient wisdoms that uses food for healing and well-being.

Her quest first took her to Greece to live in a small seaside village near Kalamata in the Peloponnese in Southern Greece where she lived amongst locals learning to speak Greek, cooking Greek food harvesting olives and pressing her own olive oil.

From Greece Evelyn moved back home to reacquaint herself with the old traditional plant food medicines of the rainforest villagers in her native St. Lucia and studied with renowned Caribbean Ethno Botanist Laurent Jean Pierre. She continued to Bali Indonesia where she studied with native traditional healers then continued to the Himalayan region of India to study the ancient science of yoga, healing with sound, breath and mudras and finally to study Ayurvedic cooking which teaches the ancient practice of using food as medicine in the southern state of Kerala India.

Evelyn experienced first hand how these ancient wisdoms and techniques transformed and healed her mind, body and soul and in the process discovered her purpose; to bring these simple, ancient and scientifically proven healing tools to her community.

In doing this, she is able to help ordinary people take meaningful control of their health and well-being, which then opens the door to the limitless possibilities of their lives.

