



The **Ingredient** Guru

It's not just **what** you eat. It's **what's in** what you eat.

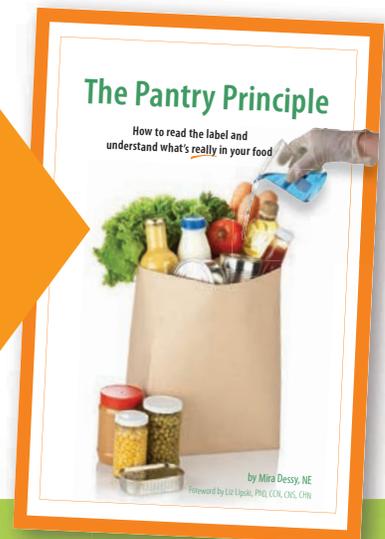


Mira Dessy is *The Ingredient Guru*[™] – a Holistic Nutritionist and Real Food Advocate who emphasizes a healthy lifestyle and eating whole foods. She is a popular speaker on how to navigate the grocery store's mammoth packaged food stock, decipher confusing food labels, and choose healthy convenience foods.

THE PANTRY PRINCIPLE

How to read the label and understand what's really in your food.

By **Mira Dessy, NE** | Forward by Liz Lipski, PhD, CCH, CNS, CHN | March 2013
ISBN #978-0-9889357-0-9 | \$18.00 | 6x9 | 202 pages



“ Mira Dessy’s book, *The Pantry Principle* is a real gem! If you eat, this book is a must-read—so you really know what’s in your food. It is a user-friendly, comprehensive, well-researched and eye-opening resource. I look forward to recommending it to all my clients!” – Trudy Scott, Food Mood Expert and Nutritionist, author of *The Antianxiety Food Solution*

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MIRA DESSY: THE INGREDIENT GURU

Deepening the Real Food Conversation



SPEECH TOPICS

PROFESSIONAL HEALTH & WELLNESS ORGANIZATIONS

- How to build your business, increase your bottom line, and how to help your clients succeed
- Programs and products that engage your clients, increase your income, and generate more private clients
- Self-publish without debt

CONSUMERS

- “What’s Lurking in Your Pantry?”
- How to read a label – and how to make it fun!
- A “Real Food” Cooking Show
- Pantry to Go – How to carry your nutrition with you, whether you leave for a day or a week
- Fast, Fun Freezer Meals or One Afternoon to a Week of Dinners
- Stop the Sugar Madness
 - Where sugar hides in the diet
 - Overcoming Sugar Addiction
- New Year Nutrition Reset
- Vitamin Z - How to eat for better sleep

MIRA HAS ENGAGED ATTENDEES AT EVENTS, INCLUDING:

- Nutritional Therapy Association Business Summit, Staunton, VA
- Turner Syndrome Society Conference, Kansas City, MO
- National Association of Nutrition Professionals, St. Paul, MN
- Your Vibrant Life – online summit
- Practical Applications of Functional Nutrition, Newark, DE
- SexyFit Summit – online summit
- The Anxiety Summit – online summit
- Nutritional Therapy Association, Austin, TX
- Weston A. Price Foundation Regional Conference, Houston, TX

Mira Dessy turned her chronic health challenges into wellness and real knowledge through education and experience. She shares food news and tips in a friendly and conversational style that inspires audiences to rush home to read labels, clean their pantries and start eating to be well.



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