



Überdacious

Eat Yourself Healthy

By Simone Santivari

PRESS RELEASE

A delightful, and deeply personal, lifestyle guide brings together the perfect combination of health tips, delicious recipes and family anecdotes to be enjoyed by anyone looking to improve their overall well-being.

Ever since a childhood spent training to be a professional gymnast, Simone Santivari has had a passion for food and healthy living that today inspires everyone around her and **Überdacious: Eat Yourself Healthy** is the culmination of thirty years of fun and culinary creation in her kitchen, exploring the possibilities for a predominantly macrobiotic diet. Her cooking uses simple whole foods and largely organic ingredients, removing refined products and using only natural sugars, like fruit.

Much of Simone's approach has been inspired by her loving husband, James, who sixteen years ago was diagnosed with multiple sclerosis, and for whom Simone always strives to develop the best dishes to support James's health and wellbeing. Anyone wishing to take responsibility for their own health will benefit from Simone's approach. Her simple but delicious recipes and snacks are accompanied by advice and information on natural remedies and holistic treatments.

Stories about food, life and Simone's great loves are dotted throughout this vibrant cook book, and Simone hopes that her recipes and approach to healthy living will help every reader become even more **Überdacious!**

About the author: Mother-of-two Simone Santivari today lives in south-east London with her husband. After a childhood spent training to become an Olympic gymnast in the Czech Republic, as well as a ballet dancer, Simone transferred her attentions to music and has recorded a number of independent albums. Her spare time is spent in the kitchen cooking and inventing healthy new recipes to be enjoyed by family and friends and writing poetry. **Überdacious: Eat Yourself Healthy** by Simone Santivari (published 29th September by Clink Street Publishing in both paperback RRP £9.99 and ebook RRP £3.99) will be available to purchase from online retailers including [amazon.co.uk](https://www.amazon.co.uk) and to order from all good bookstores.

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