



gisèle  solange



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Gisèle Age 1



Solange Age 3



Solange Age 11 (Top Left) Gisèle Age 8 (Right Side)







Author's Bio

GISÈLE

Gisèle Adechian, MBA, is a Raw Food Chef Plant-Based and Certified Integrative Nutrition Health Coach. Gisèle started her career working on managing various types of projects for international companies, which led her to become a Lean Six Sigma Green Belt and a Certified Scrum Master in the project management field.

Gisèle's interest in Raw living food started when she came to America about a decade ago from France and had asthma, an autoimmune disease that affects millions of adults and children. After several unsuccessful attempts at using conventional medicine to heal her body, she finally reversed her asthma naturally within 10 months through raw living food and alternative therapies. Today, she has made it a personal goal to empower other people to use food as medicine for their own well-being.





Author's Bio

SOLANGE

Solange Adechian is a Doctor in Nutrition and Health, a Biologist, Naturopath and a Yoga coach. She has published multiple scientific reviews in Nutrition & Health. She started her career in nutrition working on protein, muscle mass and weight loss diets in young and elderly people with inflammatory diseases (obesity, diabetes, hypertension and other metabolic syndrome disorders).

Despite the fact that she is a Doctor in Nutrition, she suffered from inflammatory diseases and obesity for several years and was able to find healing through living food and holistic health. She is now on a mission to help other people find their own wellness the natural way .





About The Book

Raw Food Recipes

Better health, more energy, and freedom from chronic illness

Gisèle and Solange Adechian are two sisters, authors and the founders of Ilerawellness LLC, which promotes natural health and wellness for women looking for alternative ways to prevent or overcome allergies and chronic conditions. The two wellness professionals, who grew up in Africa, Europe and Asia and now live in North America, are owners of the US trademark Afrawsion, which is the fusion of African ingredients revisited in raw recipes.

Solange Adechian is a Doctor in Biology, specialized in Nutrition, a Naturopath and a Yoga coach. She spent an extensive amount of time researching ways to help people lose weight without losing the muscle mass. She uses her personal weight loss journey through natural remedies to pave the way for other people to do the same.

Gisèle Adechian, MBA is a Raw chef, an award winner of the 2022 leadership in the health coaching program and a certified integrative nutrition health coach. She organizes international workshops to teach people how to make healthy and delicious raw recipes. Her journey recovering from asthma using natural approaches to heal her gut in 2019 has been the genesis of her dedication to coaching several women.

Solange and Gisèle Adechian leverage their health coaching program, wellness workshops and international retreats to spread of the word of the power of food as medicine and lifestyle adjustments to improve our health.

Raw Food Recipes

*Better health, more energy, and freedom
from chronic illness*





Book Excerpt

Six out of ten adults in America suffer from a chronic condition such as asthma, hypertension, arthritis and obesity, according to the Center for Disease Control (CDC). While these numbers are readily available in the U.S., it is important to note that these chronic illnesses are affecting people around the world. The causes of these chronic conditions range from uncontrollable factors (genetics) to controllable factors (diet, exercise, environment etc.). While there is little we can do about the first category, the latter is something that anyone can influence to improve health. We all deserve to live a happy and energetic life because, as Dr. L. Schollosser, who worked on the ancient art of healing said, Life is sacred and its greatest virtue is health.

We often believe that food is only about physical Nourishment. But the reality is that food goes beyond satisfying our stomach. Food is energy. And energy is what fuels our body and connects us to the right vibrations from a spiritual perspective. If we nourish ourselves with dead food, processed foods, we do not get energy. This creates room for inflammation which, when it becomes chronic, leads to chronic illnesses. Through this book, Solange and Gisèle, two sisters respectively a Doctor in Nutrition and a Raw Chef, take us on their personal journey of reversing obesity and asthma naturally using food as medicine and with lifestyle adjustments. This is an inspiration for all of us who want to learn how to nourish ourselves holistically so we can prevent or overcome chronic conditions naturally.



Testimonials



Agathe Assogba

"I had arthritis issues for years which was bothering me a lot coupled with a feeling of heavy legs until I met Dr Solange and Gisèle who introduced me to raw living food and holistic health therapies. I now feel great in my body, and lost weight in the process which reduced the pain in my legs. I am so grateful for these sisters".



Mrs Cappocici

"Thanks for being an inspiration. Thanks to your book, I was able to start eating living food and it makes me feel better. When I went to my last medical visit, my medical Doctor told me that my tension came back to normal and he was proud of the journey that I have started. This was simply me putting into practice the recommendations I received from you."



Jenny

"From having a bowel movement twice a week, my autistic son now has a daily bowel movement and that helps a lot with his mood. He is happier and wants to try new things and that means a lot to me ! Thank you".



Mahi B.

"Gisèle is so kind and compassionate and really makes sure you're working towards realistic goals. She always puts you first, and is very flexible and understanding about change, also guiding you throughout the process. I could not recommend her enough !"



Monica M.

"I thoroughly enjoyed working with Gisèle & Solange. They care about the progress of their clients. I learnt tools that will become my lifestyle. Great choice!"



Wanda P.

(Caregivers for adults with Alzheimers)

"Wonderful presentation to our group on health, wholeness, and the body mind connection. Gisèle was very thorough and provided needed information to a group of caregivers who need to be more conscious of self-care for themselves."





Target Audience

Age range: 22-70 years old

Demographic : Mostly women

What do you hope this book will do for the people who read it?

Our hope is to inspire women to understand that food goes beyond physical nourishment. Food is medicine and a catalyst to improve our psychological and emotional stability in order to prevent chronic illnesses.

Who are you hoping to reach or inspire, and why?

What kind of person would this story appeal to?

We are hoping to reach everyone but mostly women because we are women first of all and can relate to their daily challenges but also because women give life so nourishment through living food should start at the pregnancy when the vital force, the immune system is transmitted from the mother to the child.



Almond Berry Smoothie



Hibiscus Cheesecake



Peach Strawberry Smoothie



Strawberry Raw Cake



Chocolate Fudge Snow



Pumpkin Panna Cotta



Sample Interview Questions

1. When did you both start having an interest in healing food?
2. Why did you decide to write this book?
3. Why are you targeting women primarily?
4. How does food and what type of food impact our emotional and spiritual health?
5. What is the link between living food and inflammatory diseases?
6. What makes your personal stories a unique one?
7. How does our internal and external environment impact our life?
8. How does food vibrate in our body?
9. How do cultural differences impact our health?
10. Is living food only for people struggling with a chronic illness?





Story Ideas For Reporters

- Idea 1: Our origins and how it relates to the book we wrote.
- Idea 2: Our international experience and its relationship with holistic nourishment (body, mind and soul)
- Idea 3: Raw food and its health benefits
- Idea 4: Love between 2 sisters on common healing stories



Giséle & Solange



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Living Food is Energy



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