



# rebecca katz

Transforming Health Through the Power of Food

## **Rebecca Katz, M.S.**

One of the leading chefs of organic cooking focused on the needs of the chronically ill, Rebecca Katz, M.S., serves as a unique culinary translator in the emerging field of food as medicine. The author of *The Cancer-Fighting Kitchen: Nourishing Big-Flavor Recipes for Cancer Treatment and Beyond* (Ten Speed Press, August, 2009), and *One Bite at a Time: Nourishing Recipes for Cancer Survivors and their Friends* (Second Edition), Rebecca is a nationally-recognized expert on the role of food in supporting health during cancer treatment.

She holds a Masters of Science degree in Health and Nutrition Education, and received her culinary training from New York's Natural Gourmet Institute for Health and Culinary Arts.

Rebecca is the Executive Chef for the Center for Mind-Body Medicine's Food as Medicine and Cancer Guides Professional Training Programs, which attracts the country's top cancer wellness physicians, nurses, social workers, and researchers. She is also visiting chef and nutrition educator at Commonwealth's Cancer Help Program in Bolinas, California, which offers intensive self-care programs for cancer patients and their caregivers.

A myriad of food related experiences, including a sojourn to Italy, where she studied Mediterranean cuisine from chefs and signoras from Florence to Sicily, shaped Rebecca's philosophy that health-supportive food must taste great in order to be nourishing and healing.

Rebecca lectures, teaches and consults at cancer centers around the country. She has been featured on CBS This Morning, The Hallmark Channel's "New Mornings," ABC, NBC, CBS and FOX newscasts, Natural Health Magazine, Guideposts, Beyond Cancer, DarynKagan.com and other national and local media.

She resides in the San Francisco Bay Area.

For more information, visit: <http://www.rebeccakatz.com>.