

Teton Productions  
Natural Foods Cooking Shows

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**Chef Teton is on a Mission to “Make Every Bite Count”  
New Natural Food DVD Cooking Series “Essential Cuisine” Released**

**Maui, HI** - The newly released *Essential Cuisine Culinary System* is a mouth-watering mix of 6 DVD's containing 23 cooking shows for boomers, parents and singles. The series features specialty chef, Susan Teton Campbell, author of the *Healthy School Lunch Action Guide*, and the award-winning program of the same name.

*Essential Cuisine* is Chef Teton's culinary philosophy. In the Series she reveals the pleasure secrets of the most 'highly functional' foods - the foods doctors and health professionals are heralding as power foods. Essential Cuisine also coincides with their recommendations of a low glycemic, and gluten-free diet for healing and optimal health. By Integrating the best of raw, cooked and cultured foods, along with the best fats and oils, these lively and entertaining cooking shows contain recipes and tips that deliver pleasure and functionality - each essential for vitality and longevity.

From the artisan oils of coconut and pumpkin seeds, to mineral-rich food sources, luscious desserts, good salt, digestive enhancements, and wine with organically grown grapes, the Essential Cuisine Culinary System is for beginners and professional chefs alike. The series contains the cutting edge information about highly functional natural and organic foods -- not taught in most professional culinary schools.

Chef Teton is on a mission to help American's "Make Every Bite Count", by offering cooking shows in a hi-quality format (10, 20 & 30 minute segments) so that consumers can easily access healthy culinary skills through the Internet or their DVD player. Now, with 8 online courses that expand from raw and cooked foods to healing foods Ayurvedic style, bone broths and an expanded course on cultured fermented foods, Essential Cuisine is a lifestyle diet for wellness and high functionality. The theme is "all about simple" and affordability, allowing even the busiest people to learn how to integrate natural "whole" foods into their faced-paced lifestyle.

According to "Garden Chef, Paul F. Wenner, the inventor of the Garden Burger, "Chef Teton is on a nutrition crusade to help give Americans some exciting new and tasty food ideas. She is committed to teaching us about where our food comes from, how it is processed and what ingredients are used."

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While touring and speaking around the country with the Healthy School Lunch Program, Ms. Campbell, a boomer herself, experienced menopause. “To keep up the energetic pace, with flexible joints and radiant skin, I had to nourish my body on all levels. Finding food to be the most powerful resource we have for radiant health, I created a culinary process that blended the best of raw food cuisine, cooked food and cultured foods,” Campbell states enthusiastically. “It is essential that our food is nourishing, tastes great and fits into our lifestyle while promoting healthy air, water and soil. It is essential to ‘Make Every Bite Count, and have fun doing it. I know that food is why I am still vital after all these years’”.

She insists that people can enjoy luscious raw desserts that stop sugar cravings and add incredible bursts of flavor, and much needed minerals by using sea veggies and mineral salt; while ending confusion about fats by learning to use oils that actually stimulate weight loss and promote beautiful skin. Campbell emphasizes the fact that one can restore vitality and literally reverse the signs of aging with the right foods.

Filmed in Maui and Washington State, the series is produced by Susan Campbell’s green multi-media company dedicated to producing DVD’s, books, websites, online courses and TV Specials about healthy foods, cooking and sustainable living. The company is based in Hawaii.

TheDVD sets are sold through retail stores, healthcare professionals and on the internet at [www.chefteton.com](http://www.chefteton.com). Courses run from \$37.50 to \$149.95.

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