

Margaret Davidson

Wholefood Nutritionist and Yoga teacher

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Press Release

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Kitchen Yoga

Take a handful of fresh, local produce, blend with an understanding of how the body works and moves, season with a dash of humour and bake in a moderate oven. There you have the essence of Kitchen Yoga, a new book written by wholefood nutritionist and yoga teacher Margaret Davidson.

Kitchen yoga is neither a traditional cookery book nor a simple exercise book it's a unique combination of both – a practical handbook aimed at helping people improve their health through good eating and relaxation.

"It's as much about preparing the body for food as it is about preparing food for the body," says Margaret, who lives in Wooler, Northumberland.

"Good nutrition is the foundation for health and flexibility is the key to maintenance. There is no reason why our bodies shouldn't be more flexible at 60 years than they are at 20."

Kitchen Yoga provides easy to digest information on how particular foods benefit the body as well as recipes for healthy, holistic meals throughout the seasons with the emphasis on local, organic produce.

And woven throughout the book is the theory and practice of yoga – proving that it can become a part of everyday life and not just a weekly exercise class.

"The yoga aspect of Kitchen Yoga is less to do with inviting the body to assume positions that are well-nigh impossible unless you are an athlete or a dancer than about attitude, awareness and a non-judgmental approach to life." Says Margaret.

"Flexibility is our birthright. We should expect to move as easily as babies and the book demonstrates how you can use yoga in an every day way to achieve that flexibility."

Simple workouts standing at the kitchen sink, sitting on a chair or lying on the living room floor can be incorporated into the busiest of daily routines. The book also has a section on the philosophy behind yoga and relaxation and human nutrition.

“Obesity is now a national problem and cooking seems to be becoming a spectator sport with more people interested in watching it on television than doing it. You see children buying chocolate, crisps and ice pops for breakfast,” says Margaret.

“Junk food fills the stomach but the body labours to extract the raw materials it needs from it. Junk foods keep the body going for a while but don’t nourish it properly and you end up with poor concentration, irritability, stress, depression – all of which can be improved when common sense is used to eat properly.”

“We’re a rich nation and yet we are starving – not from lack of quantity but from lack of nutritional quality. If we valued ourselves as much as we valued our possessions we would pay much more attention to what we consume.”

In Kitchen Yoga, Margaret has distilled more than 30 years’ experience as a mother, wholefood nutritionist and yoga teacher to create a practical handbook for busy families and anyone with an interest in food and good health.

Kitchen Yoga costs £18.00 and can be bought from the website (see below), independent booksellers in Northumberland or by post from Peanut Productions, 10 Burnhouse Road, Wooler NE71 6EE. Extracts from the book can be read online at www.abmworks.f9.co.uk from January 27th 2006.

Ends

For more information contact: Margaret Davidson on 01668 281462 or email margaret@abmworks.f9.co.uk

Photos: Attached to the emailed version of this release are three digital images of Margaret Davidson: in her kitchen and practising yoga at home.

Editors’ Notes

For Margaret Davidson, a childhood interest in cooking developed into full-scale research into holistic nutrition once she began raising a family. An eight year sojourn in New Zealand allowed her to explore the values of fresh, organic and bio-dynamically produced foods alongside environmental concerns, yoga and alternative health practices – interests which she continued to develop upon her return to the UK in the late 1970s.

Her activities expanded to include opening a wholefood shop when such enterprises were a novelty, teaching wholefood vegetarian cookery on Tyneside and North Northumberland, writing articles and giving talks on holistic nutrition.

She remains convinced that good health is our birthright and that wholesome nourishment is essential to nurture healthy children into healthy adults. Her own family of three children was raised without recourse to antibiotics,

preferring homeopathic first-aid or the skills of a highly qualified Chinese medical practitioner.

Today she is firmly settled in North Northumberland where she continues to practice and teach yoga and offer short courses on holistic nutrition in between getting to know her brand-new grandson.