

Creative Nature add two super-foodies to their menu

Submitted by: Friday's Media Group

Monday, 13 August 2012

The UK's leading superfood company, Creative Nature, is delighted to announce that it has appointed Trevor Ogden as a Consultant and Development chef. In addition, Creative Nature has also teamed up with nutritionist and writer Sarah Flower, whose latest book, *The Healthy Lifestyle Diet Cookbook*, has just been published.

Trevor is the head chef at award winning restaurant *The Dining Room* in Hershams and is a cycling enthusiast. He is passionate about healthy eating and uses Creative Nature to enhance his menus and create innovative, healthy, delicious recipes.

Sarah Flower is a journalist, nutritionist and author. Her latest book follows the success of previous titles *Slow Cook*, *Fast Food* and *Live More, Spend Less*.

Sarah is working with Creative Nature to produce 'healthy living' boxes containing six Creative Nature superfood products that can enhance overall health and wellbeing if taken as part of a daily diet plan. Each box will contain a simple guide from Sarah outlining the known benefits of each product and some advice on how best to incorporate each one into your daily diet for the most effective results.

Sarah explains; "Creative Nature discovered that people who have never tried superfoods are unsure how to use them, what to take them for, how to cook them and what the health benefits are and we hope that our guide will show them how quick and easy things like barley grass, spirulina and goji berries are to effectively include in their diet."

Julianne Ponan, director at Creative Nature says, "We are sure that Sarah's advice will encourage people to try our superfoods and have a go at Trevor's recipes. We aim to give people a greater understanding of our products and the knowledge and ability to change their diet easily and effectively. Hopefully people will include our different products not only in the recipes Trevor has created but also to add to other recipes or to create dishes of their own."

The Creative Nature range has accreditation from both the Vegetarian Society and the Vegan Society, in addition to organic accreditation from both the Soil Association and the EU and are available online from www.creative-nature.uk.com and from leading health food store Wholefoods.

For more healthy tips and superfood facts visit their web site www.creative-nature.uk.com

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Creative Nature is a young, ethical organisation that was established to promote health and wellbeing alongside respect for the environment, by sourcing and providing the highest quality, natural products. During the past eight years Creative Nature has aimed to be one of the leading protagonists in the superfoods world and now has a current range comprising 16 pure, raw and unprocessed natural nutritionally dense, potent health products which have been sourced from some of the most remote and untouched corners of the earth, where the soil is rich in nutrients and has not been damaged by over

farming and the use of agro chemicals.

The Creative Nature range is available directly from their web site www.creative-nature.uk.com and a selection of products are available from leading health food stores including Wholefoods.

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