



TINA LEIGH, founder of [Haute Health](#) is an inspiring and compassionate holistic wellness practitioner, yoga instructor, and therapeutic chef who specializes in mindful eating and whole being transformation. She has a unique ability to weave the principles of Ayurveda and plant-based eating with culinary art that attracts a varied clientele. It is through fifteen years of experience, deep empathy, and a devotion to conscious living that she's able to guide small business owners and individuals through their unique journeys to whole body wellbeing.

A lover of fresh food and all things *natural* since childhood, the Portland, Oregon native pursued a career as a private health chef at age 20. In this capacity, she could use her intuitive gifts and nutrition education to deeply nurture and support an intimate clientele. Having contended with her own health challenges ([read more here](#)), she is deeply empathetic and resonates with others who are on their journey to whole body wellbeing. After attending college in souther Utah, where

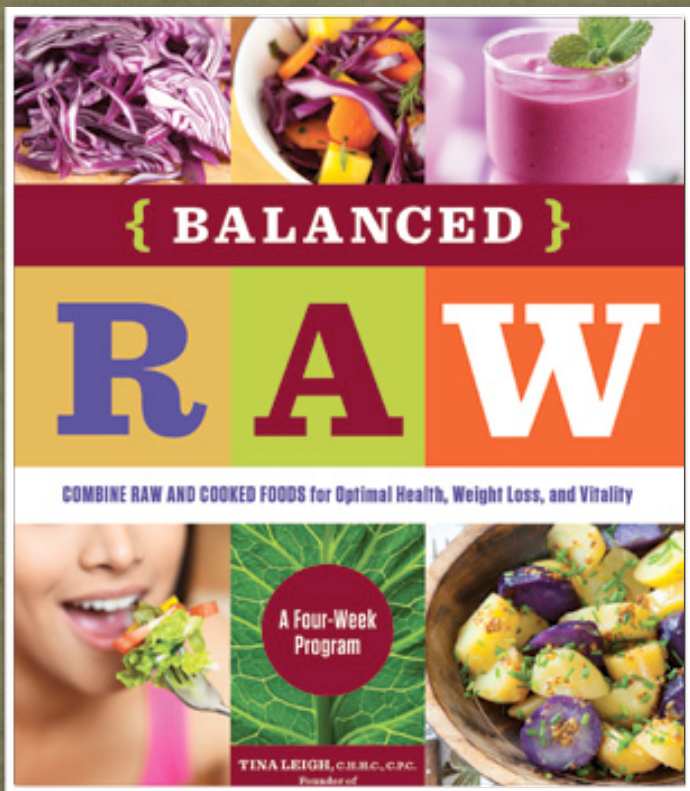
she studied business management and nutrition, she launched a thriving private health chef company, Urban Cuisine in Salt Lake City and later moved the operation to San Diego. She engaged renowned chef/partner, Garth Washburn and with his support was able to launch [Haute Health](#), a boutique wellness consultancy offering customized wellness transformation programs and services.

Her consulting services include menu development, ghostwriting, recipe creation and testing, cooking lessons, nutrition workshops and transformative wellness programs. Her portfolio of business clients includes: Fixt Food, Las Vegas Athletic Clubs, Vegan Fusion, Fairwinds Press, Yoga Body Naturals, Cooking Healthy Lessons, Elixia Wellness and the Meriwether Group.

In 2011, she developed recipes for Bo Rinaldi's *Complete Idiot's Guide to Low-Fat Vegan Cooking* and in 2010 was a guest health chef on the Food Network. She is the author of *Balanced Raw - A 4-Week Program Using Raw and Cooked Foods to Achieve Weight Loss, Optimal Health and Vitality* and *Superfood Juices and Smoothies - 100 Delicious and Mega Nutritious Recipes Using the World's Most Powerful Superfoods*.

She is also partner to David Howitt, Founder and CEO of Meriwether Group and author of *Heed Your Call*. Together they wrote and edited this modern-day manifesto, which is a game changer for the live—work ethos. This inspiring and relateable masterpiece tells of David's personal journey and shares his insights on the Power of **And** as it relates to the merging of spirituality and business.

Tina is a Certified Holistic Health Counselor, Register Yoga Teacher and Certified Natural Foods Chef. She lives in Portland, Oregon where she is opening a combined Nourishing Café and meditation urban retreat.



AUTHOR OF BALANCED RAW

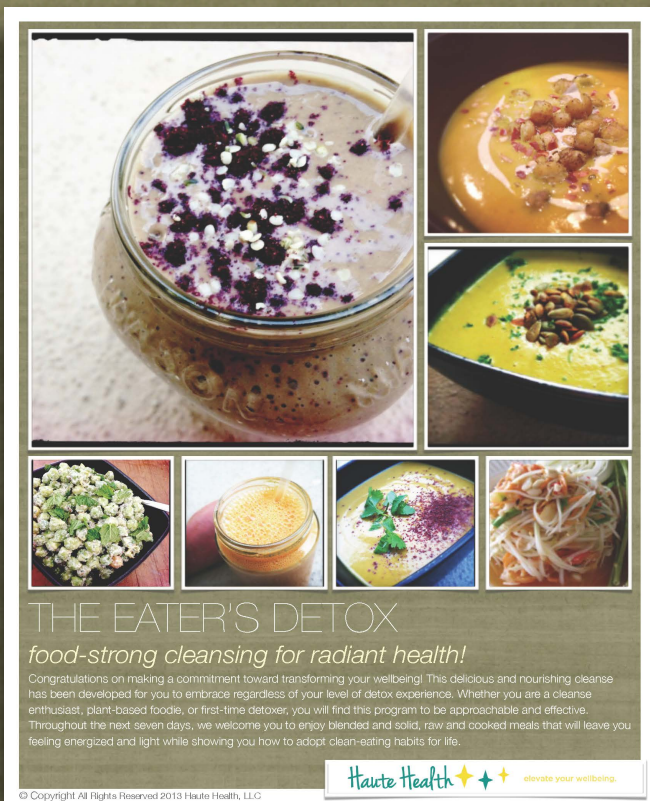
About The Book

This approachable health program and recipe book can be enjoyed by anyone at any point in their health journey. It serves as a guide to eliminating barriers to optimum health such as mindless eating, consumption of processed and chemical-ridden foods and exposure to food allergens. It introduces you to a world of beautiful and delicious cuisine that is easy to prepare and supports a lifetime of healthy eating habits.

This delightful read emphasizes the importance of regularly enjoying both raw and cooked foods and how each support optimal digestive health. A healthy gut and efficient assimilation, absorption and elimination are paramount to our physical and emotional well being. If our digestive processes are not functioning in harmony, we are more likely to gain weight and at greater risk for contracting disease. Author Tina Leigh shares how there are many foods which are more digestible when cooked where as others are most nutrient dense and easily assimilated when eaten raw, hence the need for balance between the two.

As you read, you'll gain valuable insights into body alkalinity and why reducing acid in the body is essential to resisting disease. You will also be introduced to the concept of *ABC's – To Always Be Cleansing*. Tina supports food-strong cleansing where you actually eat to cleanse your cells and organs. Her simple and approachable system introduces you to daily dietary and holistic activities that will set your body up to be a detoxing machine and that won't leave you feeling depleted, discouraged or begging for food.

Fifty delectable recipes are included in this brilliant health guide and include both raw and cooked salads, soups, juices, sweet treats, smoothies, wraps, sushi and even an incredibly scrumptious burger. Her culinary creativity met with a deep appreciation for whole, plant-based eating is showcased magnificently in this remarkable wellness resource.



CREATOR OF THE EATER'S DETOX

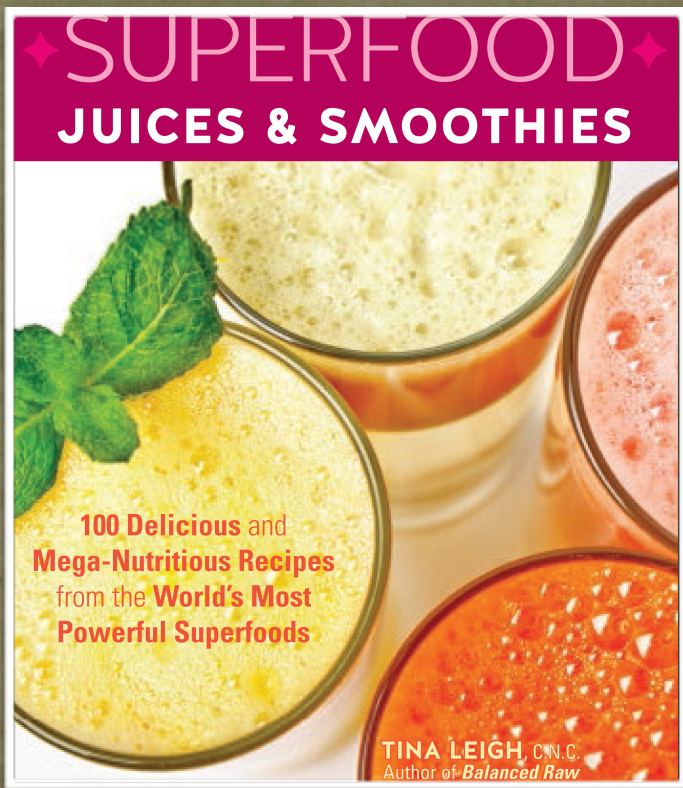
About The Program

From years of experience, Tina affirms there is not a one-size-fits-all approach to nutrition and wellbeing. All holistic health programs she crafts are customized to support each client in their individual wellness journey.

In staying true to her flexible approach to wellness, she supports the concept of food-strong cleansing and the ABC Lifestyle – *Always Be Cleansing*, which enrolls you in the understanding you can release toxins while eating!

Though juice-centric cleanses and fasts are deeply detoxifying, have significant healing properties and effectively contribute to wellness, the intent of food-strong cleansing is to introduce you to the concept of daily detoxification. This means you can cleanse the body and enjoy ongoing cleansing by including nutrient-rich foods in your meals, by adopting daily detox-boosting lifestyle habits and from eating a variety of nutrients in both cooked and raw dishes.

Her delicious and nourishing Eater's Detox has been developed for you to embrace regardless of your level of detox experience. Whether you are a cleanse enthusiast, plant-based foodie, or first-time detoxer, you will find this program to be approachable and effective. As you follow the program, you will enjoy blended and solid, raw and cooked meals that will leave you feeling energized and light while introducing you to clean-eating habits for life.



AUTHOR OF SUPERFOOD JUICES & SMOOTHIES

About The Book

Goji, hemp, chia, flax, maca, cacao, wheatgrass! Ever wonder how or why these foods and others have received the esteemed “super” status when foods you would think are outrageously healthy don’t receive such recognition? You’re not alone. Among those willing to dabble in the world of superfoods, there are many scratching their heads, who despite having heard the definition of a superfood: a nutrient-rich food considered to be especially beneficial for health and well-being are not satisfied by the description. Many, maybe even you, still don’t understand what it takes for these particular foods to receive such credit.

In Tina’s latest recipe book she introduces you to twenty of the world’s most nutritious superfoods and describes how they achieved super stardom. She shares her secrets for how best to include them in fresh vegetable and fruit juices and smoothies. You will learn the origin of each of these mega nutritious ingredients, what their natural health benefits are, how to shop for and properly store each and what flavors and foods are most complementary.

Her recipes are unlike any others as she creatively integrates multiple flavors of spice, savor, sweetness, tang, tartness and smoke. You’ll enjoy delectable creations such as The Hottie – a green smoothie made of buttery coconut, zesty orange and hints of lime and jalapeño. Another favorite is the CB&J – a scrumptious blend of fresh raspberries, coconut butter, velvety rich cacao and pinch of sea salt.

Whether superfoods have just begun to peak your interest or you are a superfood superhero, you’ll enjoy the insights and inventive creations Tina has in store for you in this mouthwatering read.



CULINARY ART + NUTRITION



TINA LEIGH COOKING LESSONS

Tina demonstrates how to make Thai Cauliflower 'Rice' Rolls with Fresh Mango and Almond Dipping Sauce for Yoga Body Naturals

Watch Now on [YouTube](#)!



TINA LEIGH COOKING LESSONS

Tina demonstrates how to make Raw Zucchini Noodles with Pumpkinseed Pesto for Yoga Body Naturals

Watch Now on [YouTube!](#)



The Details

Makes: 4 servings

Time: 30 minutes

Equipment

large pot, blender

Ingredients

1 tbsp. coconut oil

8 large carrots, peeled and cut into chunks

1 cup onion, chopped

3 medium garlic cloves, peeled and minced

1 tsp. ground coriander

1 1/2 tsp. ground cumin

1/4 tsp. cayenne pepper

1 tsp. sea salt

3 cups vegetable stock

2 cups coconut milk

COCO-NUTTY CARROT SOUP

Why Slurp?

The good ole carrot contains a mega dose of Vitamin A. This powerful nutrient reduces bile and fat in the liver so it can more effectively assist in ridding toxins from your precious body. And the fiber content in this satisfying soup furthers detoxification by brushing the colon clean and hastening waste removal.

Preparation:

1. Heat coconut oil in a large soup pot over medium-high heat.
2. Add onions, garlic and carrots, and sauté for 6 minutes. Stir in coriander, cumin, cayenne and salt.
3. Add vegetable stock, increase heat to high and bring to a boil.
4. Reduce heat to low, cover and simmer for 15 minutes.
5. Transfer soup to a blender, tilt lid to vent and cover with a kitchen towel. Blend on high for one minute.
6. Return soup to cleaned pot, stir in coconut milk and season to taste with cayenne and salt.
7. Ladle into soup bowls and serve with tahini, baked chickpeas and pinch of red pepper flakes.



The Details

Makes: (1) 20-ounce serving

Time: 10 minutes

Equipment

Blender

Ingredients

3/4 cup fresh or frozen blueberries

2 large handfuls spinach

1 tbsp. raw cacao powder

3 fresh pitted medjool dates

1/2 medium avocado

1 cup unsweetened almond milk

1/2 cup coconut water

1 tsp. alcohol-free vanilla extract

6 ice cubes

1 tsp. hemp seeds

1 tsp. maqui powder (optional)

CHOCOLATE COVERED BLUEBERRY SMOOTHIE

Why Sip?

Believe it or not you can detox by eating chocolate! Raw cacao contains over 60 antioxidants that repel free-radicals and reduce oxidative stress. Combined with the antioxidant load of blueberries and their high vitamin C content, sipping on this smoothie will reduce inflammation and support the movement of waste out of your body.

Preparation:

1. In a blender combine blueberries, spinach, cacao, dates, avocado, almond milk, coconut water, vanilla and ice.
2. Blend on high for 20 seconds. Transfer to a serving glass and sprinkle with hemp seeds and maqui.
3. Enjoy immediately and sip slowly.



The Details

Makes: 2 servings

Time: 15 minutes

Equipment

small saucepan, blender, medium mixing bowl

Ingredients

1 (10-ounce) bag frozen green garbanzo beans, blanched
1 tbsp. coconut oil
1 tsp. each mustard, cumin and fennel seeds
1/2 cup tahini
2 tbsp. lemon juice
1/4-1/2 cup water
3/4 cup cilantro leaves, minced
1/2 cup mint leaves, minced
1/2 tsp. sea salt

MINTY GREEN GARBANZO SALAD + MUSTARD SEED TAHINI

Why Savor?

Tiny mustard seeds are detox worthy with their ample content of vitamin E. This powerful antioxidant aids in the integrity of cell membranes and repels free radicals. Green garbanzo beans are high in fiber helping to induce regular bowel movements and both mint and cilantro support the health of your digestive system, an absolute must to cleanse efficiently.

Preparation:

1. Heat oil over medium-high heat in a small saucepan. Add mustard seeds, cover and let heat until they pop, about one minute.
2. Add cumin and fennel seeds and heat 30 seconds. Stir in chickpeas to coat. Set aside to cool.
3. In a blender combine tahini lemon juice, 1/4 cup water and sea salt. Blend until smooth, adding one tablespoon of water as needed to achieve a pourable consistency. Season to taste with salt.
4. Transfer cooled chickpeas to a mixing bowl. Pour in tahini dressing and herbs. Toss to coat evenly. Enjoy!



PR + MEDIA INQUIRES CONTACT

Haute Health, LLC

11509 SW Davies Rd, #2210

Beaverton, OR 97007

(503)716-6585

www.HauteHealthNow.com

inquiries@hautehealthnow.com