



## Tell us about your book: **Low Carb Cookbook With 4 Ingredients**

I want to use this book to demonstrate how simple good cooking can be. People are now increasingly coming to the realization that a good and balanced diet forms an essential part of a good and happy life. Cooking yourself will bring your creativity to the surface, cooking yourself with good ingredients means you're looking after yourself and your loved ones. Enjoying a good meal together is probably one of the best possible social events. This is something we can all take complete control of.

Plus you can improve your health by cooking yourself too. The importance of good, wholesome food has become even clearer during these current times with the coronavirus. Anyone who eats well can strengthen his or her health and immune system in just a matter of months, this really doesn't take long.

So cooking yourself and especially like this, will make you feel happier and healthier from all possible perspectives. Buy fresh, cook yourself and eat together. *Give it a try.*

For more information on Pascale Naessens and her cookbooks, visit [www.purepascale.com](http://www.purepascale.com)