

Finalist in the 2012 USA Book News Awards Bronze medalist in the 2012 Living Now Book Awards



PRESS RELEASE

Lyme Disease Cookbook Recognized with Awards and by Patients

November 27, 2012 – Mother and daughter team Gail Piazza and Laura Piazza have been honored as an Award-Winning Finalist in the 'Health: General' category of The 2012 USA Best Book Awards for their book *Recipes for Repair: A Lyme Disease Cookbook*. This comes on the heels of being awarded the bronze medal in the fourth annual Living Now Book Awards in the Cooking/Natural category in September.



Jeffrey Keen, President and CEO of USA Book News, said this year's contest yielded over 1,500 entries from mainstream and independent publishers. "Our success begins with the enthusiastic participation of authors and publishers and continues with our distinguished panel of industry judges who bring to the table their extensive editorial, PR, marketing, and design expertise," states Keen in regard to this year's contest.

Recipes for Repair features the anti-inflammatory diet developed by Maryland physician Dr. Kenneth Singleton, author of *The Lyme Disease Solution*. "Dr. Singleton's book had an entire chapter devoted to nutrition, and until that point, I didn't realize what an important role nutrition had in the healing process," says Laura Piazza, co-author of *Recipes for Repair*. "I contacted Dr. Singleton to see if he had ever considered publishing a cookbook specific to his diet."

"Readers and patients would tell me that the biggest impact from my book was the Lyme Inflammation Diet®, so when Laura wrote to me proposing a book of recipes specific to the diet I was really excited about the idea," says Dr. Singleton. "I'm very proud to have my name associated with such a quality piece of work."

"Having developed recipes professionally for over 35 years, when we moved forward with the book I created recipes the way I always do – that is, food that looks beautiful and tastes great," states Gail Piazza, co-author of *Recipes for Repair*. "My mission was to create recipes that allow not only Lyme patients but *anyone desiring good health* the freedom to eat enjoyable and nutritious meals and it's very rewarding to know that this mission has been accomplished."

"Much to my delight, my husband and I loved the meals," says Lyme patient, Sarah Carletti in regard to the recipes in the book. "Overall, I feel healthier and better following this diet."

With taste and ease in mind, distinguished food stylist and home economics consultant, Gail Piazza, developed 151 recipes specific to Dr. Singleton's diet. Professional photographer, graphic designer and chronic Lyme patient, Laura Piazza, designed the book and photographed the 55 color images of the recipes styled by Gail.