

Attn: TV bookers & producers, radio bookers & producers, web editors, bloggers and newspaper writers
Guest Opportunity: Nov. and Dec.
Segment: "HEALTHIFY" FLORIDIANS THIS HOLIDAY WITH SOUTH FLORIDA'S DEBRA K., HOST OF "THE JOURNEY INTO WELLBEING®"



*From a Healthy Holiday Meal of Antipasti Di Mare to a Gluten-Free Dessert,
It's Ho, Ho, Healthy for the Holiday Season*

Delray Beach, FLA. – Holiday cheer minus the guilt? Santa may not agree - after all, he's known for his girth - but you can definitely enjoy holiday food and festivities without adding pounds. How so? Take the advice of Natural Health Explorer Debra K. From her Delray Beach home, Debra's on a quest this season to find the healthiest recipes for her PBS show "The Journey into Wellbeing" and for her [Recipe Redo Blog](#) and she felt South Florida was a great place to start. For the entire month of November the blog will feature a vast array of healthier holiday fare.

As an expert on natural health, Debra is a columnist for [SpryLiving.com](#) and *Palm Beach Woman*. Debra has done the measuring and slicing so you can celebrate the season and not worry about fitting into your clothes come January. "Trust me, I'm not going to miss a meal and I don't advise you to either. I challenged some of the top chefs in Palm Beach County with redoing traditional holiday recipes in a healthier fashion and they really delivered," says Debra.

Zuccarelli's Italian Kitchen - www.zuccarellis.com Recipe Redo: Antipasti Di Mare and Sautéed Broccoli Rabe



Think you can't find healthy Italian food? Think again! The Zuccarelli family team of Frances (mom) and Olimpia (daughter) has been serving up Italian for over 30 years in Palm Beach.

"I joined Olimpia and Chef Douglas A. Chmielewicz as they worked their magic and provided two great recipes for our Holiday Recipe Redo. Chef Douglas prepped the first dish, Antipasto Di Mare, and I was pleased to see how simple it was to make. The dish is something South Floridians can easily recreate at home after a quick stop at the local fish market," says Debra. "In addition, the Sautéed Broccoli Rabe is a great source of vitamins A, C, and K, as well as potassium, calcium, and iron."

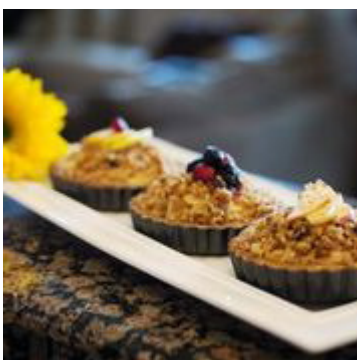
Table 26 - www.table26palmbeach.com Recipe Redo: Turkey Terrific Salad

Table 26's menu carries you to a warm and welcoming place with delicious comfort food dishes. Owners Eddie Schmidt and Ozzie Medeiros chose West Palm Beach in the heart of the historical Mango Promenade district. Known for taking traditional comfort food and adding surprising twists, Chef Steven Polowy utilizes local farms to ensure the freshness of all produce offerings.



Debra adds, "Staying true to the flavors of fall, Chef Steven created an exciting combination of squash, cranberries and turkey. The Chef removed the traditional additions of heavy cheese and fried croutons; the healthy preparation of the squash provides high doses of natural fiber and carotenoids, which are shown to protect against heart disease."

Chunkie Dunkies - www.ChunkieDunkies.com Recipe Redo: Dina's Raw Apple Pie with Oatmeal Crumble



Is a healthy, yet decadent, dessert possible? Yes, says Raw Vegan Chef Dina Lauro of Chunkie Dunkies. Chef Dina trained at the Natural Gourmet Institute of Health and Culinary Arts in Manhattan and interned at West Palm Beach's Hippocrates Health Institute, where she took the Health Educator Program.

"I challenged Chef Dina with making a healthy, yet decadent, dessert. This pie contains fiber, protein and vitamins from the raw nut crust and the uncooked apples. Instead of white sugar, Dina made this version with pure maple syrup for minerals and antioxidants. By not baking this version, the natural food enzymes remain alive so the body can digest easier, which gives you more energy," says Debra.

Debra's gifts to you: Egg'less Nog and Smashed Cauli'taters

For the holiday season, Debra is pleased to offer her own Egg'less Nog and Smashed Cauli'taters. Through her show, "The Journey into Wellbeing" on PBS, Debra dedicates herself to educating everyone - from young to old - about creating healthier lifestyles with simple, small adjustments.

Editor notes:

- Debra K. is available for bookings in November and December along with a Chef, based upon availability.
- Since Debra has her own show and is a columnist for leading outlets, she is engaging on TV and has visual tips to share with your audience on healthy food swaps, staying healthy while traveling and ways to de-stress daily.
- Recipes and images are available by e-mailing debra@lockerpr.com.

About Debra K. - As the host of The Journey into Wellbeing, a television series currently airing on PBS, Debra K visits new places to uncover the secrets to living a high-energy vibrant life. Debra is also the Natural Health Explorer blogger for SpryLiving.com; author of the massage text, "Success from the Start"; co-founder of iMassage, Inc. and a contributor to *Palm Beach Woman*.

About The Journey into Wellbeing@ - This new, reality-based TV series is being shown on PBS stations nationwide. Starting with Kentucky, Host and Executive Producer Debra K. will visit all 50 states and uncover the secrets to living an energetic, vibrant life. Debra K. is a natural health explorer who left a Fortune 250 company to create a movement to positively impact the health of the nation. More details on www.journeyintowellbeing.com, www.reciperedoblog.com, Twitter @DebrasJourney and on Facebook at The Journey into Wellbeing with Debra K.

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