



Chef Wendell Fowler

Eat Right, Now!

In 1988, a sullen cardiologist informed Chef Wendell Fowler that he had a virus in his heart lining that was going to kill him – *soon*. His heart had doubled in size and had eight pounds of fluid surrounding it. His heart was failing – *quickly*.

Wendell was a smoker. He drank too much. And despite being a working chef, Wendell's diet was atrocious and unhealthy. Fried foods, fast food, too many sweets.

Wendell was going to *die*.

The Universe, however, had other plans. A light went on when Wendell read what the Greek philosopher Hippocrates, the father of medicine, penned in 400 B.C.: “*Let food be thy medicine and let medicine be thy food.*” Bingo!

Wendell said goodbye to the nutritionally bankrupt, deep-fried, toxic and highly processed factory foods which have been stripped of their nutritional value. He, instead, healed himself by turning to sun-drenched, whole foods that nurture optimum function of the mind, body and soul. He lost 100 pounds and turned his life around.

Today, Wendell Fowler is a successful speaker, author, and television personality. Chef Wendell gently guides others towards a healthy lifestyle. With humorous, educational and informative lectures, cooking classes, cookbooks and a nationally syndicated column, the Chef is on a mission to encourage others to *Eat Right, Now!*

His twelve-year experience as a caterer for National Basketball Association teams makes his presentation popular with men as well as women.

While an engaging and humorous speaker, Fowler takes his mission quite seriously. He dispenses his unique message of hope through humor, inspirational stories and topical nutritional data with a belief that we can all choose a healthier, happier lifestyle.