

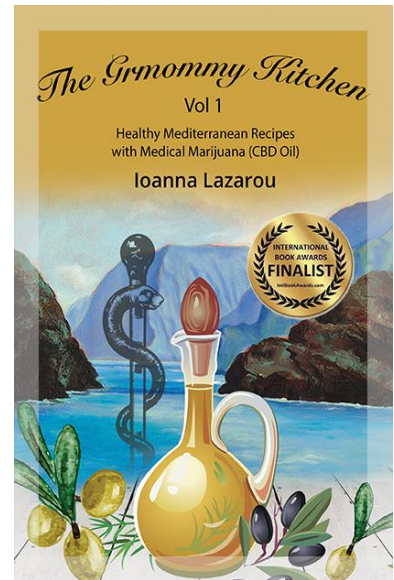
Chef & Author Ioanna Lazarou Celebrates Success of “Healthy Mediterranean Diet with Medical Marijuana (CBD Oil)”



The mix of healthy food and medical marijuana is the perfect combination for many suffering from numerous problems. GRMommy and Chef & Author Ioanna Lazarou have taken this to the next level with “Healthy Mediterranean Diet with Medical Marijuana (CBD Oil)” a new book claiming both awards & praise.

July 24, 2019

The fact that the option of medical marijuana and CBD Oil is becoming available to more people legally is a true blessing. It has also been an inspiration to those who would like to see it be able to be consumed in more enjoyable ways. The company [GRMommy](#) and Chef & Author Ioanna Lazarou are leading the way in this area. Recently, Chef Lazarou’s book, published by Businessrise, Inc., “Healthy Mediterranean Diet with Medical Marijuana (CBD Oil)”, dives fully into this subject combining the Chef’s deep culinary knowledge with the inside knowledge of medical marijuana and CBD oil, into something very special. In exciting news, the book was named as a Finalist in the [International Book Festival by the American Book Fest](#), a very prestigious accomplishment.



“We are incredibly enthusiastic about how well the ‘Healthy Mediterranean Diet with Medical Marijuana (CBD Oil)’ has been received,” commented Chef Lazarou. “It is very inspirational and it gives some wonderful ideas to explore in the future since there is such interest.”

The “Healthy Mediterranean Diet with Medical Marijuana (CBD Oil)” focuses on healthy herbs, Mediterranean diet in conjunction with medical marijuana to offer potential relief for people from several health problems. Not cure these health issues but offer relief, sometimes to a very significant degree, in many cases.

This variant of the Mediterranean Diet has come naturally to Chef Lazarou, herself born and raised in the birthplace of the diet, a land known for innovations of all kinds, from literature to art, to culture, to culinary Greece. She has over three decades of experience in the highest level of Greek Culinary which is being expressed through the GRMommy series.

The 2019 International Book Awards, where the book was a finalist, is the tenth year they have held the award.

To learn and keep up with the latest news about the GRMommy series be sure to visit <http://grmommy.com>.

###