

The GRMommy Kitchen



Ioanna Lazarou has more than 30 years of experience in upscale Greek Culinary. Her career started in the famous **Greek Restaurant Ippocampus**, where she met first time professionally with the creative cuisine. Head Chef Teo taught her the small but crucial secrets of creative cuisine, which she adopted in her successful career in Greece and in USA, in the state of Florida and in the cosmopolitan Miami area.

She has worked as a Head Chef for more than 30 years in well-known **Greek Restaurant Groups**. She was overseeing the Grand opening of different locations. In Doral location was a franchise of the successful Restaurant chain Opa Group, and she was in charge to organize and overseeing the menu.

Parallel to the above she decided to run her own Catering company **Crazy Knife**. Her customers taste unique creations based on the Greek cuisine with fusions from the rest of Mediterranean area. She also got involved with the Marketing and printing company Businessrise, being president since 2006.

Lately, she has devoted herself to writing cookbooks and other publications such as **BirthDay Calendar Recipes 2018**, The GRMommy Healthy Kitchen Series, etc., having as main ingredient of this Calendar Mediterranean recipes enriched by her experience of perfect flavor with respect to each person's birthday.

Get in touch with Ioanna



@www.grmommy



@Gr_mommy_

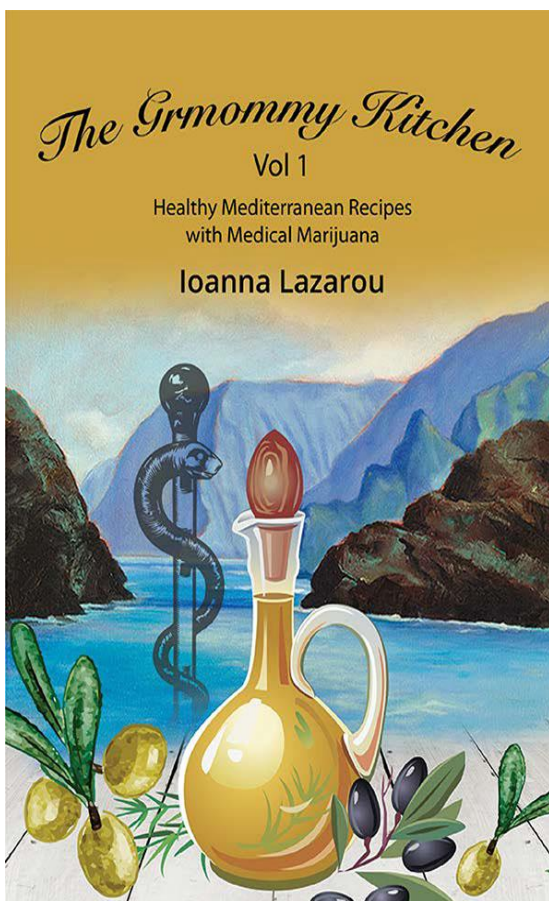
www.grmommy.com

i.lazarou@grmommy.com



Books

The GrMommy Kitchen Series



I was born in beautiful Greece and grew up with the authentic traditional cuisine. Every dish had its own magic herb. I am writing this book to introduce people with health problems to Greek cooking, using medical cannabis, as well as the Greek herbs, most of which are well known for their anti-cancer characteristics. In this book, you will find the most popular traditional Mediterranean recipes with therapeutic herbs, in combination with medical cannabis. I wanted people who are taking medical cannabis to get to know the Greek cuisine and its therapeutic properties with the help of herbs and traditional olive oil.

Medical cannabis has anti-carcinogenic effects, which are responsible for preventing or delaying cancer development. Meaning that cannabinoids offer cancer patients a therapeutic option in aggressive cancers' treatment. Some of the diseases that science has proven that cannabis can treat are arthritis, cancer, Crohn's disease, diabetes, fibromyalgia, multiple sclerosis and Parkinson's disease.

I have been working on this book for 4 years now, and I have tried, through challenging conditions, to publish it. This is going to be the first of a series of books, which are going to follow, on the subject of healthy nutrition and traditional herbs that can improve our health and natural ways to strengthen our immune system.

After 30 years of experience in creative cooking, this is my first book. I wanted to start writing my books by offering the gift of my art and my recipes to people who suffer, and through these recipes to get to know to my beautiful Mediterranean motherland Greece.

No recipe should be prepared without medical approval, kindly consult with your doctor first





Q & A

Q: Why did you write this book?

A: After an accident I had, I am since then in pain in my back and in my shoulder. This pain led me to think how other people feel in same condition like mine. After a thorough research, and consultation for this book from doctors, I ended up having this book written. Of course my more than 30 years of professionally cooking experience was a plus. I wanted to marry the Mediterranean diet with a rich variety of healthy herbs with therapeutic attributes, with the therapeutic attributes of medical Marijuana.

Q: So you have 30 years of experience. Where did you practice your knowledge?

A: I was fortunate to start my career in Greece, next to great and famous Chefs on Mediterranean cuisine. I started practicing this knowledge in the United States 20 years ago, with Grand Openings and teaching other chefs in Greek Cuisine.

Q: On the cover you mention Vol 1. That means that we should expect more?

A: Absolutely! I am writing a series of books under “The GRMommy Kitchen” title, where I will focus in the therapeutic attributes of the Greek Cuisine in combination with herbs. More Original recipes coming soon.

Q: Will your books be only in English?

A: No. My intention is to translate in different languages. Actually, my team is currently working on this aspect.

Q: Where will you distribute this book(s)?

A: The book will be sold online as e-book and in printed format. It will be distributed in: Createspace, Lulu, Barnes and Nobles, Kobo, Ingramspark, Ibooks, and more.... It will also be in printed format in sales points like traditional book stores, and medical related stores.

Q: Will you promote it?

A: Distributed to over 300 Sites Including Digital Journal, FOX, NBC, ABC, CBS affiliate channels