



About the author

As a Pritikin Longevity Center trained chef, June Pagan brings over twenty years of experience as a private health chef to a celebrity/corporate clientele. Her unique style of health cuisine has been effective in reversing insulin resistance (the precursor to diabetes 2) as well as helping many clients reduce their risk of heart disease and other chronic illnesses. June continues to work with clients on their personal recovery and longevity.

Purple Earth Cuisine Cookbook

Facilitates a Personal High Energy Health Kitchen

Simplifies The Purple Earth Hypothesis

- Purple Earth Cuisine brings “real” food and nutrition back to the table.
- Explains 6,000 years of medicinal significance through purple plants .
- Describes how purple plants are “survivors of adversity”.
- Draws attention to the mystical and ancient wisdom of purple foods.
- Illustrates why purple foods are at the forefront of the colorful antioxidant movement.
- Provides vital information supported by peer reviewed studies.
- Laden with recipes that lead to a healthier way of eating through proper food choices.
- Transitions the reader from the Standard American Diet (SAD) .
- Raises ones consciousness about sourcing, preparation and healing through purple foods.
- Written by a trained Pritikin Longevity Diet chef.
- Content vetted by dieticians, doctors, and research scientists.

Purple Earth Cuisine

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Purple Earth Cuisine

High Energy & Enhanced Health Can Be Achieved With the Power of Purple Foods

Foreword by Sandy Gooch

