



THE JOY OF REAL FOOD: (Real Food Yogi)

Rowena Jayne

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"Rowena will inspire you to truly get 'naked' with the magic of food by squeezing the juice out of every possibility! A brilliant book written by an extraordinary human being" - Carren Smith - Author, Presenter, TV Host and Raw Food Lover In The Joy of Real Food, Rowena shares her journey from anorexic and binge eater to health and wellness ambassador. Hospitalised with a bleeding colon at twenty-eight from years of self sabotage and struggle with an eating disorder, Rowena knew this was her wake up call to transform her life or self destruct. Twelve years on, Rowena is now a leader in the fields of Yoga, Raw Food, and Healthy Living. Combining everything she has learnt about health and wellness through professional and personal platforms, Rowena now shares her philosophies, insights, and passion for bringing back the joy of real food and using it to tap into your human potential. "A Story of Courage, Determination and Inspiration"

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