

THE *Natural Epicurean*  
ACADEMY OF CULINARY ARTS

FOR IMMEDIATE RELEASE

Contact: Jamie H. Perkins  
jamie@yogayoga.com  
(512) 771-6011  
[www.naturalepicurean.com](http://www.naturalepicurean.com)

THE NATURAL EPICUREAN ACADEMY OF CULINARY ARTS,  
A PLANT-BASED PROFESSIONAL CULINARY SCHOOL, PRESENTS  
A FREE WEBINAR ABOUT CAREERS IN NATURAL FOODS AND HEALTH  
*Food, Culture and Health: Trends and Opportunities for Culinary Professionals, a 45-minute  
webinar hosted by Ken Rubin, now available for viewing on-demand*

Austin, Texas – (August 17, 2011) The Natural Epicurean Academy of Culinary Arts in Austin, TX, one of only a handful of whole-food and plant-based professional culinary schools in the United States, presents a webinar entitled *Food, Culture and Health: Trends and Opportunities for Culinary Professionals* now available for viewing at [www.naturalepicurean.com/webinars](http://www.naturalepicurean.com/webinars). Host Ken Rubin, a seasoned authority with over 15 years of experience in the culinary, hospitality, and food service industry, explores the anthropology of food from a health and wellness perspective and discusses recent changes in how people perceive food, especially healthy foods, while looking at current food trends with regard to the health and wellness landscape. To view the webinar, visit [www.naturalepicurean.com/webinars](http://www.naturalepicurean.com/webinars). For more information, email [info@naturalepicurean.com](mailto:info@naturalepicurean.com) or call (512) 476-2276.

The next session for the Natural Epicurean Academy of Culinary Arts' professional chef training program, which is a 900-hour course of study that trains students in macrobiotic, classical vegetarian, vegan, ayurvedic and raw and living foods techniques and recipes, begins on August 22, 2011. The program consists of 541 classroom hours, 174 hours of assisting, 160 hours of externship, and 25 hours of planning and executing a final cooking demonstration. Students in the professional chef training program are educated on the business matters and taught the culinary skills necessary to prepare them for rewarding careers as entry-level chefs, cooks, personal chefs and proprietors of their own businesses and are prepared for work in restaurants, cafes, catering companies, specialty delis, food carts and dining counters.

The Natural Epicurean Academy of Culinary Arts is a professional culinary arts training school devoted to conscious cooking and a health-supportive, plant-based diet. The program embraces a holistic view of health, which includes the physical, energetic, mental, emotional, societal and environmental and promotes that diet, when consciously and masterfully designed, can support health on all these levels. For more information about The Natural Epicurean Academy of Culinary Arts, visit [www.naturalepicurean.com](http://www.naturalepicurean.com) or call (512) 476-2276.

**About The Natural Epicurean Academy of Culinary Arts**

The Natural Epicurean Academy of Culinary Arts, one of only a handful of whole-food and plant-based culinary schools in the United States, offers a professional culinary arts training school and public classes devoted to conscious cooking and a plant-based diet with instruction in macrobiotics, ayurveda, raw, vegan, and classic vegetarian cuisine. Programs at the Natural Epicurean embrace a holistic view of health that takes physical, energetic, mental, emotional, societal and environmental influences into consideration and are based on the belief that diet can bolster health on all these levels. The programs emphasize locally available and seasonally based

foods in their natural and unprocessed state with an equal emphasis on pleasing the senses and promoting health. For more information, visit [www.naturalepicurean.com](http://www.naturalepicurean.com) or call (512) 476-2276.

###