

For Immediate Release

July 29, 2014 – Pittsburgh, PA

Rebecca Gilbert's Book, *It's Easy to Start Eating Vegan*, Launched with Community Support and Rave Reviews from Chefs and Physicians

Rebecca's Vegan Diet Healed Her Chronic Joint Pain

Rebecca Gilbert, founder of Yummy Plants (yummyplants.com), a vegan lifestyle website, launched her first book, *It's Easy to Start Eating Vegan: Yummy Plants 101*, on July 12 at the Stephen Foster Community Center in Lawrenceville. Vegan Pittsburgh hosted the event. Refreshments were donated by several Pittsburgh restaurants: Salt of the Earth, Eden, Brillobox, and The Pittsburgh Juice Company.

Rebecca is a former competitive figure skater whose switch to a vegan diet healed her chronic joint pain. She has been a featured speaker at national and international vegfests, including the NYC Vegetarian Food Festival, Vegetarian Summerfest, and Paris Vegan Day. She wrote the book to help others discover the benefits of a plant-based diet and easily make the switch.

Rebecca and her book have garnered kudos from chefs and physicians alike.

“She makes vegan food accessible and so irresistibly appealing” said Ellen Jaffe Jones, celebrity chef and cookbook author.

“If you wanted to take advantage of the incredible benefits of a vegan diet but were not sure where to start, this is it,” wrote Neal D. Barnard, M.D., President, Physicians Committee for Responsible Medicine.

Laura Theodore, host of the PBS cooking series *Jazzy Vegetarian*, enthusiastically recommended the book: “Rebecca Gilbert’s excellent new book makes it easy to start eating vegan.”

A signed copy of *It's Easy to Start Eating Vegan: Yummy Plants 101* is available on the yummyplants.com website. The book is also available on Amazon.com and select Whole Foods stores in northern California.

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