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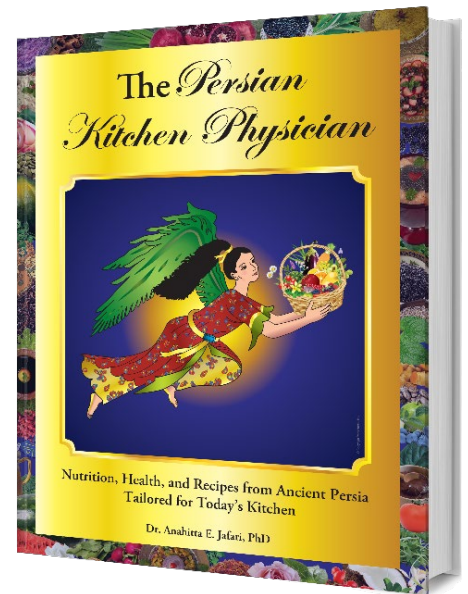
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Parsi Herbs Inc. / The Persian Kitchen Physician LLC

134 N. Federal Highway, Deerfield Beach, Florida, 33441

Local 6th Generation Traditional Persian Herbalist Launches Healthy Cookbook

Festive Holiday Book Launch Event Will Divulge Health Secrets



[DEERFIELD BEACH, FL, US, 11/3/2023]—A CULINARY JOURNEY TO GET HEALTHY!

Right in time for the holidays, renowned Dr. Anahitta Jafari, PhD, is launching *The Persian Kitchen Physician, Nutrition, Health, and Recipes from Ancient Persia— Tailored for Today's Kitchen*.

In today's fast-paced world and present-pandemic era, many people are looking for ways to boost their immune systems and learn ways to improve their health with easy cooking alternatives. Dr. Jafari, PhD, is a **6th-generation Traditional Persian herbalist, researcher, and teacher of Traditional Persian Medicine (TPM), and is the Founder and Director of [Parsi Herbs](http://ParsiHerbs.com)** in Deerfield Beach, Florida. Dr. Jafari has formulated and perfected hundreds of herbal formulas in alignment with TPM and modern research and is a world-renowned television and radio personality on TPM health and spirituality. She has helped educate South Florida and abroad on the benefits of healing herbs, vegetarian eating, and a healthy lifestyle for decades.

The culmination of lifelong work and research, this book is packed with health information, nutrition and lifestyle tips, and a compilation of generations of 'yummy-licious' recipes passed down from mothers to children with their families' health at heart. Readers will learn how to maximize nutrition by discovering secrets from ancient times tailored for the modern kitchen to help energize the body.

The culinary journey starts on December 3, with a Persian-themed book launch in Deerfield Beach with live Persian music, a kitchen fashion show, drumming, a once-in-a-lifetime special initiation ceremony, and surprise activities that are sure to make everyone laugh out loud. Attendees will be entered in a giveaway with door prizes awarded and other gifts.

Local Starpower and some of Florida's favorite major league athletes, personalities, and local charities are joining the fun. Attendees must register for the festivities at Thepersiankitchenphysician.com.

Grab your apron and learn how to be a **Persian Kitchen Physician in Training** with this stunning practical coffee-table book. Your palate and whole body will be delighted!

REVIEWS: *"I had no idea Traditional Persian Medicine was so advanced and the basis of Modern Medicine. I loved reading the history and science and learning about nutrition. Being gluten-free, dairy-free, and vegetarian, it has been a challenge to find new excitement on my plate. I am delighted to try the seasonal recipes and better my health. This book not only is a gem to look at but also provides ample fun in the kitchen for days to come!"*

-Carole Fontaine, Bestselling Author of *Sail Above the Clouds - How to Simplify Your Life*

EVENT DETAILS: December 3, 2023, 17h30-19h30

The Doubletree Hilton Hotel, 100 Fairway Drive, Deerfield Beach, FL 33441

BOOK INFO: ISBN: 979-8-9881663-0-6

Ingram, [Barnes & Noble](http://Barnes&Noble.com): Hardcover, ebook \$49.99 (Launching on all major book outlets)