**WELLNESS GASTRONOMY GOES GLOBAL AS SAMANTHA GOWING**

**DOSES UP HER ‘FOOD AS MEDICINE’ MESSAGE**

Renowned Australian chef, clinical nutritionist and Le Cordon Bleu Master’s graduate, Chef Samantha Gowing, is taking her ‘food as medicine’ philosophy across the globe, announcing a new partnership with Club Med Asia Pacific, the inaugural Le Cordon Blue Online Learning Program will be streamed from the Maldives and two Australian based wellness masterclasses and weekend getaways.

From October, guests at selected Club Med Asia Pacific villages will enjoy a healthy new menu inspired by Gowing’s wellness gastronomy philosophy. The new menu will be unveiled at 9 resorts and will include up to 42 specialty plates to complement the expansive buffet each week, with a healthy intention designed to cater for up to 1500 guests.

“I’ve just returned from a 10-day Chef’s seminar at Club Med Bali, training 12 Executive and systemising the new Wellness Gastronomy philosophy which was embraced wholeheartedly by the team,” says Gowing.

“I am proud to work with a hospitality brand that is making it a priority to provide healthy eating options to their guests and I’m excited to see how guests enjoy the new menu and learn about food as a real source for wellness.”

For those who can’t get away to a Club Med resort but want to learn more, on 6 August Gowing will launch the inaugural four week [Le Cordon Bleu Online Learning program](https://vimeo.com/345855305?fbclid=IwAR1R4ecZgYvc07o55r2xvTMNXpOlKkSLmha5Bi0YvjtyVeDdK2ghoTq3yk4) the first session streamed live from the Maldives, surrounded by the rich tropical produce of the picturesque islands. The course, titled ‘Gastronomy and Nutrition’, will focus on unpacking some of the myths around buzzwords like *superfoods, clean eating* and *power food* and explore the scientific evidence that corroborates the classification of certain foods as more powerful than others.

“This is a must-do learning program for menu developers and business owners through to gastronome enthusiasts who want to make smart food decisions and identify future trends,” says Gowing.

Closer to home, Gowing will host her popular Masterclasses and wellness weekends in September. The [Melbourne Spring Masterclass](https://www.foodhealthwealth.com/product/melb-sept) will take place on 7 September at the Neff Market Kitchen at the South Melbourne Market and will focus on improving cellular health and optimal wellness for spring. The interactive class includes up to eight recipes, culminating in a sit-down feast with comprehensive recipe booklets to download.

The ‘[Secret Life of Food](https://www.gwinganna.com/new-secret-life-food/)’ wellness weekend at Gwinganna Lifestyle Retreat in the picturesque Gold Coast hinterland, is a new three-night exclusive program from Thursday 19 – Sunday 22 September 2019. Fresh from her travels to Bali and the Maldives, Gowing will share her insights on superfoods - from acai to kelp, turmeric to chia - and which are more super than others! Guests can also enjoy Gwinganna’s award-winning spa treatments and extensive program of activities including yoga and Pilates sessions whilst relax in stunning surrounds.

***About Samantha Gowing***

*Dip.Hlth.Sci.-Nut.; LCBMGastTour*

*Before nutrition became trendy, before kale became the superfood superstar, and before the green juice Instagram selfie was ever a ‘thing’, there was Sam Gowing, spreading the word on healthy cuisine and all that it encompasses. The Chef Hat-winning restaurateur, who traded her fast-paced city career to follow her passion for health and wellbeing, retrained as a clinical nutritionist, and more recently received her Master’s degree in gastronomic tourism from the prestigious, Le Cordon Bleu.*

*Combining these skills with her already celebrated cooking talents, Gowing has established herself as Australia’s leading spa chef, kick-starting the ‘food as medicine’ movement, which has since snowballed into a widely embraced philosophy.*

*Today, Gowing continues to create contemporary culinary masterpieces, designed to tantalize the taste buds as well as heal the body and nourish the soul.*

*Her Byron Bay based global wellness company Gowings Food Health Wealth est. 2009 creates culinary programs for luxury hotels, spas and health retreats worldwide. FHW offers dynamic wellness business solutions that help food and health entrepreneurs create successful and sustainable businesses.*

*She is the self-published author of The Healing Feeling, and writes prolifically on the future of food, food trends and the cult of the green smoothie.*

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