



**Allison Imel Hamza, NTP**

Allison loves everything to do with food: growing it, researching it, writing about it, preparing it and eating it. She believes a whole foods, low-glycemic, nutrient dense diet is the foundation for optimal health and vitality, and her cookbook *Getting into Food* is a primer for this way of eating. In her nutritional therapy practice, she educates clients about the sources, uses and benefits of whole foods, while addressing the emotional and spiritual components of food-related issues. Allison also teaches free cooking classes to the community through the Olympia Food Co-op and Sustainable South Sound.