

RAW/VEGAN CHEF KIRSTEN GUM – BIO

Kirsten Gum is a gourmet raw food chef & owner of Experience Raw, a multi-service business dedicated to assisting clients in their transformational food journey.

Kirsten's mission to bring conscious cuisine to the mainstream and help others re-establish a healthy connection to food has taken her around the globe, teaching classes and catering retreats for high-vibe healers, including author and well-known health educator David Wolfe. Her flair for raw fun and endless amounts of energy inspire thousands each year to take back their health by changing what they put into their bodies. Kirsten prides herself on infusing all her creations with lots of love, light and laughter – reminding her students, guests, friends, family and fans that a simple hug can change the world!

For more about Experience Raw, visit www.experienceraw.com.

Please keep connected to Kirsten through social media:

www.facebook.com/kirstengumraw

www.twitter.com/kirstengumraw

www.kirstengumraw.tumblr.com

www.pinterest.com/kirstengumraw

Kirsten resides in Venice, California, where she teaches regular raw/vegan classes at *Surfas Restaurant Supply & Gourmet Food* in Culver City, CA (www.surfaslosangeles.com) and at *The Gourmandise School of Sweet & Savory* (www.thegourmandiseschool.com) at Santa Monica Place in downtown Santa Monica, CA.

She considers herself a true down-to-earth northwest gal as she was born in Alaska, grew up in Washington State and graduated from the University of Washington in Seattle with a B.A. in Political Science and Communications.

LONGER BIO

Kirsten Gum is an internationally recognized journalist and television host – you may recognize her fun-loving spirit from *Treasure Hunter* on the Travel Channel and *What's My Car Worth* on Discovery HD Theater. In addition to being passionate about extreme experiences and the great outdoors, Kirsten has harnessed her love of pure food to become a master raw chef. Now, she's bringing healing cuisine to the mainstream via her interactive classes, where she educates and inspires with practical tips and tricks that make preparing raw food effortless. Whether you're new to raw food or seeking to take your

existing knowledge to a new level, Kirsten will enlighten you with love, light and laughter.

Kirsten refers to her food as "conscious cuisine," recognizing that what we ingest impacts all aspects of our lives. As such, her goal is to help students reconnect with themselves and the world through natural, pure ingredients. Her classes demonstrate the ways that unprocessed, living food can result in optimal health for the body and the planet, physically and energetically. A balanced raw food diet can lead to weight loss, clear skin and better sleep, and since most of the ingredients can be found package-free, meals have a very small carbon footprint. In addition to food preparation, Kirsten's classes are based in gratitude and respect for all inhabitants of the Earth, leaving the heart just as full as the stomach.

Kirsten is currently working to bring both of her careers – tv host & chef - together for a one-of-a-kind traveling lifestyle show. It's currently in development and she hopes to bring it to network television within the year.

When she's not traveling or "cooking" you can find Kirsten outdoors doing a variety of sports – cycling, running, hiking, camping, snowboarding, mountaineering and loving life as a yogi!