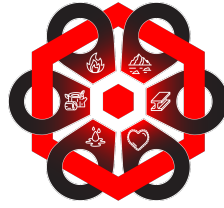


# Chef Raphaël Gamon

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**FOR IMMEDIATE RELEASE**

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## **Chef Raphaël Gamon Publishes "Cooking with Traditional Medicine"**

A Personalized Health Journal that Teaches You to use Food with Precision and Purpose

LOS ANGELES, CA - At a time when chronic disease is accelerating, pharmaceutical dependency is at an all-time high, and a saturated wellness industry offers little more than generic advice, Chef Raphaël Gamon has published a book that asks something different of its reader. Not blind trust in a protocol. Not a shopping list of superfoods. A genuine, personal reckoning with what food actually does inside the human body, and a framework to act on that understanding every single day.

Cooking with Traditional Medicine is not a recipe collection. It is a 246-page personalized health journal and self-study tool, grounded in science and drawn from medicinal food traditions across cultures. Throughout the book, green-highlighted sections invite each reader to document their own health history, conditions, and goals. By the final chapter, a reader managing IBS has built an anti-inflammatory food protocol tailored to their body. A reader supporting a cancer treatment plan has mapped a daily food approach aligned with their medical team. A reader confronting chronic fatigue, poor sleep, or digestive disorder has, page by page, built something that belongs entirely to them. This is not a book you read once. It is a book you live inside.

The science behind the book is current and uncompromising. Modern research in DNA analysis, rDNA sequencing, and the gut-brain axis is confirming what medicinal food traditions across Asia, Europe, and the Mediterranean have practiced for centuries. Chef Raphaël draws on both, presenting the evidence without industry bias and without the exaggerated claims that have made mainstream wellness literature so difficult to trust. He does not use the words "healing" or "cure". He does not promise transformation. He teaches the reader to observe their own body with clarity, choose their food with intention, and aim consistently for a better outcome.

Chef Raphaël Gamon brings to this work a background that no other author in this category can claim. Raised in a Buddhist farm-household and trained at a Swiss culinary academy, he spent decades serving royalty, heads of state, and high-net-worth clients across four continents. He is the only private chef in the world to have trained with Eu Yan Sang International, Asia's foremost medicinal food institution, and he founded the world's first TCM-French fusion restaurant in Singapore. His authority is not theoretical. It is the product of 35 years of working at the intersection of classical culinary mastery and evidence-informed medicinal food practice.

Cooking with Traditional Medicine is available now on Amazon. Chef Raphaël is available for media interviews, speaking engagements, cooking demonstrations, and group or private classes. Each class concludes with a signed copy of the book and a certificate of participation.

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