

PRESS RELEASE

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East Coast Author and Chef to speak at the 2nd Annual Power of Recovery Walk on September 22nd

Seattle, WA - September 5, 2007 - Can someone in recovery still enjoy their passion for cooking and entertaining without including alcohol? This was the pressing question on Liz Scott's mind as she entered treatment for alcohol dependency. Based on her past experience as a professional chef and caterer, she feared the answer was no.

"I had heard of the dangers of being around alcohol while cooking and socializing," says Scott. "I knew it could trigger cravings and put those in recovery at high risk. Being in the field I'm in, that scared me to death."

After completing a treatment program, and learning tools for navigation recovery, Scott realized she would need to make some major changes in her life to remain sober. But, giving up her passion for cooking was never an option. Determined to find a way to continue doing what she loved, Scott searched frantically for recipes for her favorite dishes that didn't include alcohol.

"I didn't have much luck," says Scott. "There really wasn't much around so, I began experimenting on my own. I just kept substituting the alcohol with other ingredients that I thought should create the same flavor. After a lot of trial and error I finally had some luck."

Scott discovered that by using substitutes like a combination of orange juice, orange oil and bitter orange marmalade in recipes like Duck a l'Orange, a French dish known for flavor derived from Grand Marnier or Curacao, she was able to create a unique dish that was equally as tasty as its alcohol flavored counterpart.

Documenting her experiments she quickly amassed a vast library of alcohol free recipes. Determined to make them available not only to those in recovery, but the professionals that treat those early in recovery

focusing on mending their bodies from the abuse of alcohol and drugs, she wrote her first cookbook: "Sober Kitchen: Recipes and Advice for a Lifetime of Sobriety."

Published in 2003, Sober Kitchens provided a practical guide to supplemental nutrition, along with Scott's own tips for entertaining with a lighthearted flair. The recovery and foodie community were so thrilled with this unique approach, a demand rose for more. In response, Scott continued to experiment with new recipes and wrote, her second cookbook released in 2007, "Sober Celebrations: Lively Entertaining Without the Spirits" In it she takes alcohol free cooking and entertaining to the next level. By incorporating themed ideas for specific celebrations from Bridal Showers to Birthdays she continues the premise that cooking and entertaining should be fun, healthy and fearless.

"As with recovery, great recipes and healthy choices are made one step at a time," says Scott. "The joy of cooking and entertaining shouldn't be limited by whether you drink alcohol or not. Great food experiences should be available for everyone."

Now a coveted speaker and pioneer in the field of addiction recovery, Liz Scott, sponsored by Sundown M Ranch Treatment Center, will be a featured guest speaker at The Power of Recovery Walk 2007 on September 22nd at Carillon Point in Kirkland, WA. She will be signing copies of her latest book, "Sober Celebrations: Lively Entertaining Without the Spirits" For more information, visit www.recoverywalk.org.

About the Author: Scott's first book, The Sober Kitchen, received the National Health Information Award for Patient Education Information and the Independent Publisher Book Award in Health, Medicine, and Nutrition. She has also received the Research Society on Alcoholism 2004 annual Journalism Award, and has also been recognized by the Johnson Institute in Washington, D.C. as one of eight American pioneers and innovators in the field of addiction recovery.

About The 2nd Annual Power of Recovery Walk: An annual Free event, the walk was created to provide "living proof" that recovery from alcohol and drugs is possible so that those still struggling would feel inspired to seek the treatment they need. Organized by Residence XII, a women's' treatment center in Kirkland, it is sponsored by other treatment centers including the Hazelden Foundation, Highline Addiction Recovery Center, Sundown and more. The event takes place on September 22nd from 1 - 5 p.m. at Carillon Point. For more information visit: www.recoverywalk.org.

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