

Writer, jae steele

jae made big changes in her diet six years ago when she fell in love with a vegan, only to discover that she'd had a dairy intolerance for years! With 5 cookzines under her belt, and the recent release of her cookbook, *Get it Ripe*, jae spends a lot of time in the kitchen. She's also been posting wheat-free, vegan whole-foods recipes her weblog *Domestic Affair* for more than three years now. When she manages to get out of the house, jae works as a holistic health practitioner based in Montréal, Québec. Along with her designation as a holistic nutritionist, she holds a level II in Reiki, is a certified Healthy Breast Teacher, and is currently studying Shiatsu massage.