

Bella Wright

BIOGRAPHY



'Freestyle' cook **Bella Wright** originally trained as an Actress, Writer and Teacher at The Royal Academy of Dramatic Art and went on to appear in many commercials, played the lead in Channel5 crime series 'Hanrahan Investigates', and received a 'Best Actress' nomination at the Milan International Film Festival for her role in feature film 'Godforsaken'.

For the past fifteen years **Bella** has been experimenting with some of the most tasty, nutritious, health-promoting ingredients on the planet; foodstuffs that are now readily available but unknown to most people. Her recipes are Gluten Free, Cow Milk free and low GI, but still totally indulgent, delicious and healthy.

In 2014 **Bella** became a guest chef for Sainsbury's magazine, and her advice on healthy and gluten-free cooking was featured in Prima magazine's May 2015 issue. Her blog and recipes can be found at www.bellasfreestylekitchen.wordpress.com

Bella's passion for cooking began at the age of 4, helping her grandmother make her famous apple pies. She loved food and family meal times until aged ten she started to experience abdominal symptoms after eating. With a determined love of food, **Bella** had continued to hone her kitchen skills, getting her first job in a pub kitchen, aged 12.

Eventually, after several years of wrong diagnoses, she was diagnosed with the autoimmune condition, Coeliac disease, meaning she can't eat Gluten, and in addition is intolerant to Cows' Milk. By the time she was diagnosed, meal times had become far from enjoyable, with **Bella** eating a different and often bland and boring meal to everyone else. At first, foods without gluten and cow's milk were hard to find, but as the choice for people with food intolerances steadily increased, it became easier to experiment with new ingredients. It was at this time **Bella** decided to create dishes that she could eat but also share with family and friends who would find them as tasty and satisfying as 'normal' food, and 'Bella's Freestyle Kitchen' was born.

Bella believes that everyone should be able to enjoy great tasting nutritious food that energizes and promotes overall good health, without the need for dieting. Even **Bella's** friends and family without food intolerances have felt the benefits of eating food that is more natural, and has less sugar.

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