

Chef Alain Braux

Free Agent. Executive Chef and Nutrition Therapist. Award-winning Author. Expert in Food Allergies Diets and GMO Issues

alainbraux@gmail.com

Summary

Chef Alain Braux is a freelance award-winning executive chef and multiple best-selling and award-winning food and health nutritionist @ A Votre Sante - To Your Health Nutritional Services.

I am passionate about the creation and application of food as a healing medium for people with assorted food-related health issues. I am an expert in anti-inflammatory diets from Paleo, Gluten and Dairy-Free, to Vegetarian and Vegan. I am also an expert in GMOs (Genetically Engineered Organisms) and how they affect our current health and that of our children.

I own "A Votre Sante" - "To Your Health" Nutritional Services. I offer personal and professional nutritional counseling on all forms of food allergies and specialized diets. I create highly personalized rotation diet plans to clients with Celiac, gluten, dairy allergies and helped clients with up to 80 assorted food allergies. I also created specialized diets plans for ADD/ADHD, Autistic, Diabetic and Cancer patients.

I have created and implemented gluten-free, dairy-free and Paleo dishes and desserts for assorted clients.

I offer my expertise in food as a chef and health as a nutrition therapist to a wide range of clients: private clients, to restaurants or corporations in need of a specialized diet.

I also give GMOs talks and presentations to schools, moms and kids interested to know more on this important subject.

Website: www.alainbraux.com

Email: alainbraux@gmail.com

Facebook: Chef Alain Braux

Twitter: @chefalainbraux

1,200+ LinkedIn connections. One of the top 5% most viewed LinkedIn profiles for 2012.

Co-host of Low Carb Paleo Show at: <https://www.youtube.com/watch?v=DLNJ2umY5uY>

Advisory Board Member for PaleoFx, Austin, TX.

- Bachelor of Science in Holistic Nutrition and a degree in Macrobiotic Counseling.
- Certified Executive Pastry Chef with the American Culinary Federation.
- Certified Master Baker with the American Bakers Association.

Thank you for your interest in my work.

Chef Alain Braux

Experience

Chef, Owner, Nutrition Therapist at A Votre Sante (To Your Health)

May 2005 - Present (8 years 11 months)

For my private clientele and food operations, I create highly customized food rotation diets with recipes for clients afflicted with health issues such as food allergies, diabetes, depression, high blood cholesterol, ADD/ADHD and more.

For the most recent updates about events I participate in, please check: <http://www.alainbraux.com/?cat=3>

A Votre Sante - To Your Health

Chef Alain Braux

2 recommendations available upon request

Food Health Chef-Author at A Votre Sante - To Your Health

May 2005 - Present (8 years 11 months)

I am the award-winning author of four food and health books. See more details below.

1. In August 2009 I published my first book: "How to Lower Your Cholesterol with French Gourmet Food. A practical guide".
2. My second book "Living Gluten and Dairy-Free with French Gourmet Food" was published in September 2010.
3. I published my third book "Healthy French Cuisine for Less Than \$10/Day" on Sep 24, 2011.
4. My latest book "Paleo French Cuisine" came out in March 2013.
5. Look for my next book: GMO 101 coming soon in March 2014.

All my books are available at Amazon.com and major online bookstores.

See my books' info here: <http://buff.ly/1nw95JZ>

Chef Alain Braux

1 recommendation available upon request

Executive Chef and Nutrition Therapist at Peoples Pharmacy

March 2007 - February 2014 (7 years)

I am a traditionally-trained French chef. I have studied and practiced nutrition through food - nutritherapy for the past 15 years.

As their Executive Chef and Nutrition Therapist, I have created assorted gluten-free, dairy-free, sugar-free and Paleo meals and desserts for Peoples Pharmacy's customers with food allergies, diabetes, ADD/ADHD, autism and more.

I was also in charge of finding and eliminating GMO ingredients in our Food, Grocery, Supplements and Cosmetics line of products.

Press:

Austin American Statesman. "Food is my Healing Medium" by Michael Barnes.

<http://www.mystatesman.com/news/lifestyles/chef-alain-braux-food-is-my-healing-medium/nYhj6/>

Austin Chronicle's article. See: <http://www.austinchronicle.com/gyrobase/Issue/story?oid=oid:732873>

Edible Austin Magazine Spring 2009 article. See:

http://www.edibleaustin.com/content/index.php?option=com_content&task=view&id=236

And many more. For much more information about press, news, blog postings and testimonials, please check my web site: www.alainbraux.com

Chef Alain Braux

5 recommendations available upon request

Pastry and Baking Instructor at Culinary Academy of Austin

December 2005 - March 2007 (1 year 4 months)

- o Teaching a 6 month Baking and Pastry program to my students
- o Teaching a 2 month Baking and Pastry program to Culinary students
- o Grading, taking attendance and take roll call, check uniforms
- o Prepare lectures and lesson planning
- o Plan and organize field trips for my students

- o Program curriculum planning and developing
- o Mentoring and counseling my students
- o Tutoring students as needed
- o Weekly supplies planning and ordering
- o ACF CEPC re-certification
- o Pastry competition planning and participation. As of now, I have won one Gold Medal and First Prize (Oct 2006) and two Silver Medals (Mar 2006 and Feb 2007) in American Culinary Federation competitions
- o Teach retail pastry classes once a month
- o Member of the ACF (American Culinary Federation)
- o Earned 2 Gold and 3 Silver Medals in Cake Decoration in ACF-Sanctioned Austin and Houston Food Shows.

3 recommendations available upon request

Executive Pastry Chef and Office Manager at Barr Mansion

October 1998 - September 2005 (7 years)

In charge of special events sales and follow up to retail clientele. During the week, I was in charge of customers' relations, some sales and making sure customers' bills were current.

On weekends, I baked, filled and decorated bride's and groom's cakes for same clientele.

We handled an average of 100 events per year from 50 to 700 guests.

Owner and Executive Chef at Amandine French Bakery and Cafe. Austin, TX.

March 1988 - September 1997 (9 years 7 months)

I started and operated this business for 10 years. In charge of and/or supervised:

- Selection and purchasing of all ingredients, supplies and equipment.
- All aspects of kitchen food production. Recipe creation, development, costing and training.
- Developed an efficient kitchen employee training system for the proper handling of recipes resulting in consistent quality results and minimum food and time waste.
- All aspects of employees management. Selection, hiring, scheduling and termination.
- All aspects of financial management, bookkeeping, A/R, A/P, Payroll. All of it computerized.
- All aspects of Retail and Wholesale sales. Employees training and supervision in such.
- Development and management of company policies and creation of an employee incentive program based on increased sales and reduced cost control.

Volunteer Experience

Dinner and Sustainable Outreach at PaleoFx Austin, TX

February 2014 - Present (2 months)

In charge of planning, organizing and supervising all four food events and dinners for the 2014 PaleoFx Events in Austin TX. <http://www.paleofx.com/about/chef-alain-braux>

Honors and Awards

Gold Medal at the American Culinary Federation Sysco Food Show. Austin, TX.

American Culinary Federation - Sysco

March 2008

Silver Medal at the American Culinary Federation Ben E. Keith Food Show. Austin, TX.

American Culinary Federation - Ben E. Keith

March 2007

Silver Medal at the American Culinary Federation Ben E. Keith Show – Conroe, TX.

American Culinary Federation - Ben E. Keith

January 2007

Gold Medal at the American Culinary Federation Ben E. Keith Show. Austin, TX.

American Culinary Federation - Ben E. Keith

October 2006

Silver Medal at the American Culinary Federation PFG Food Show Salon. Austin, TX.

American Culinary Federation - PFG Food

April 2006

First Prize and Silver Medal at the Societe Culinaire Philantropique Food Show. New York, NY.

Societe Culinaire Philantropique, New York

October 1981

Bronze Medal in Cake Decoration at the Brussels National Food Show

Belgium Food Federation

May 1978

Courses

Macrobiotic Chef and Counselor, Macrobiotic Diet and Philosophy

The Natural Epicurean School Academy of Culinary Arts

Macrobiotic cooking and counseling

Bachelor's of Science in Holistic Nutrition, Nutrition

Clayton College of Natural Health

Holistic Nutrition

Languages

French	(Native or bilingual proficiency)
English	(Full professional proficiency)
Spanglish	(Limited working proficiency)

Skills & Expertise

Nutrition
Cooking
Food
Culinary Skills
Nutritional Counseling
Recipes
Nutrition Education
Wellness
Baking
Gourmet
Holistic Health
Pastry
Menu Development
Public Speaking
Social Media
Gluten Free
Wellness Coaching
Food Writing
Recipe Testing
Food Science
Food Preparation
Product Development
Restaurant Management
Food & Beverage
Food Cost Management
Cake Decorating
English
Self-Published Author
Food Cost Analysis
Wedding Cakes
Microsoft Word
Health Writer
Health through Food
Food and Wellness
Speaks English
Health Coaching
Speaks French
Food Nutrition
Healthy Recipes Creation
Food Allergies Menu Creation

Culinary Expertise
Pastry and Baking Teaching
Pastry and Baking Chef
Food Blogging
Book Writer
Book Layout and Formatting
Food Product Development
Kitchen Management
Ingredients
Chef

Publications

Paleo French Cuisine

Alain Braux International Publishing February 24, 2013

Authors: Chef Alain Braux

!!! WINNER !!! 2013 National Indie Excellence Awards. "Cookbook - Regional"

!!! FINALIST !!! 2013 International Book Awards. "Cookbook - International"

!!! WINNER !!! Best Cookbook at the 2013 Paris Book Festival.

!!! HONORABLE MENTION !!! Cookbooks. 2013 New York Book Festival.

<http://www.alainbraux.com/category/books>

Prior to enjoying Alain Braux's latest book triumph Paleo French Cuisine I thought that to be somewhat oxymoronic idea, mistakenly associating all traditional French food with the stereotypical crusty baguette and beret. Thankfully, this book has clarified those muddy waters. This is akin to a field-guide for healthy gourmands, providing you with a step-by-step process from farmers market to table. Full of helpful information, from the roots of the paleo movement, to the link between health and food to simple tips for healthy shopping, ingredient selection, healthy food preparation and finally - the fantastic recipes.

Of course you'll see the Classics of French Cuisine in the Coq au Vin, but also the new and delightful Raspberry Muffins Frangipane or Gourmet Chocolate Pudding. If you're laboring under the delusion that paleo cooking is all meat and boring in its selection then this is exactly the book you need!

- Dr. Amy Neuzil, ND author of DIY Health: For Women.

Chef Alain Braux has created another mouthwatering masterpiece in Paleo French Cuisine. The depth of information about the background of the Paleo movement, Chef Alain's expertise on healthy food preparation, and the delicious recipes with a French twist make this book essential for anyone tempted by the benefits of eating Paleo. The recipes and resources in this book inspire creativity in the kitchen so that living a healthy, clean lifestyle becomes a pleasure, instead of a chore. This book promises to be a staple in my kitchen and a critical resource for my clients.

- Dr. Julia Strickler, ND. Doctor of Naturopathy

Healthy French Cuisine For Less Than \$10/Day

Alain Braux International Publishing, LLC. September 24, 2011

Authors: Chef Alain Braux

- Finalist. 2013 International Book Awards. "Cookbook - Regional".

- Best Cookbook at the 2012 Paris Book Festival.

- Finalist in two categories at the 2012 Indie Excellence Awards: Cookbook-Regional and Nutrition.
- Honorable Mention at the New York Book Festival.
- Honorable Mention at the San Francisco Book Festival.

<http://www.alainbraux.com/category/books>

Chef Alain Braux's approach to healthy eating is literally "down to earth" in this delightful and extremely useful guide to balanced, nutritious meals on a budget. With a passion for flavor and fresh ingredients, chef Braux takes us through an eye-opening grocery shopping experience (including the 12 most contaminated foods in the produce section, and what "natural" really means on food labels), to alternative shopping and growing choices (farmers' markets, growing your own). Inspired by the foods he grew up with in his native France, chef Braux's recipes will not only sate the appetite, but can feed a family of four on less than \$40 per day! Try the Soupe à la Tomate et aux Pommes (tomato and apple soup, \$2.03 per serving), the Crêpes aux Courgettes (zucchini crepes, \$1.18 per serving), or the Poulet Epicé au Basilic. Who knew French cooking could be so affordable!

See all my books here: <http://www.alainbraux.com/category/newsandevents>

Living Gluten and Dairy-Free with French Gourmet Food

Alain Braux International Publishing, LLC September 1, 2010

Authors: Chef Alain Braux

- Winner. 2013 International Book Awards. "Cookbook - International."
- Best Cookbook at the 2012 Los Angeles Book Festival.
- Best Cookbook at the 2011 Paris Book Festival.
- Best Nutrition book at the 2011 Indie Excellence Awards.
- Honorable mention at the 2011 New York Book Festival.

Chef Braux demonstrates a vast knowledge of the gluten-free, casein-free diet, bringing together in one book not only how and why this diet works for both individuals on the Autism spectrum and for those diagnosed with Celiac disease, but also recipes, resources, and a concise shopping list. I highly recommend this book to anyone that would like to improve their health with the GFCF diet. Kecia Johndrow. Vice President. National Autism Association of Central Texas Chef Alain Braux has done it again! This book will take you on a sweet escape: an escape to gluten and dairy-free heaven! His recipes, witty writing and clever tips will help you make a stress-free transition to the gluten and dairy-free lifestyle. This book is full of easy-to-read educational materials and resources to help you feel better. Whether you are newly diagnosed or have been gluten-free for 30 years, you will find yourself referring this book time and time again.

Jessica Meyer, Owner and Chef of ATX Gluten-Free.

See all my books here: <http://www.alainbraux.com/category/newsandevents>

How to Lower Your Cholesterol with French Gourmet Food

Alain Braux International Publishing, LLC August 1, 2009

Authors: Chef Alain Braux

- Finalist in the Nutrition category at the Indie Excellence Awards.
- Honorable Mention at the New York Book Festival.

<http://www.alainbraux.com/category/books>

My first book shows you how I lowered my own cholesterol by 35 points in one year through the use of the healthy Mediterranean Diet. I use my 40 years of experience as a French chef coming from that glorious region of France and my 10 years as a Nutritherapist to educate you in cholesterol-lowering foods and provide you with more than 80 delicious recipes. I do not believe that being on a diet means eating dull and boring food. You will enjoy learning about this great food and tasting the results of my recipes on your own. Avoid those potentially damaging Statin drugs and help yourself live a better and healthier life.

Bon Appetit! Chef Alain Braux

- Finalist in the Nutrition category at the Indie Excellence Awards.
- Honorable Mention at the New York Book Festival.

Education

Clayton College of Natural Health

Bachelor's of Science in Holistic Nutrition, Nutrition, 2001 - 2003

The Natural Epicurean School Academy of Culinary Arts

Macrobiotic Chef and Counselor, Macrobiotic Diet and Philisophy, 1998 - 2001

Honors and Awards

1990. Certified Master Baker with the Retail Bakers of America.

1989. Certified Executive Pastry Chef with the American Culinary Federation.

Over the years, I have won three Gold and two Silver medals in ACF-sanctioned culinary competitions.

Interests

Healthy Food and Desserts, Music, Cinema, Dancing, Motorcycle riding, Traveling and a many more.

Chef Alain Braux

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11 people have recommended Chef Alain

"Chef Alain is creative, talented and very knowledgeable about nutritional health. He has come up with some amazing recipes for our health that not only are good for us but taste wonderful as well! Thanks Alain"

— **Sherry Williams**, was Chef Alain's client

"Alain is a talented chef and food professional. Also, he has organized events for the Alliance Francaise d'Austin for many years while I was on the Board of Directors and has always displayed highest levels of professionalism with good humor and insight. Using Alain for any event or culinary need is a wise decision."

— **David Ingram**, was Chef Alain's client

"I'm so impressed with Alain's book "Paleo French Cuisine". As a Health Coach I'm always on the lookout for great resources to share with my clients and this will be one of them for sure! Yes, it contains great recipes but it's so much more. Alain provides great health and nutritional information in a comprehensive, enjoyable way. Whether your Paleo or not I recommend this book!"

— **Kristen Codianni**, was Chef Alain's client

"Alain offers a helpful and intelligent way in thinking about diet and nutrition. His books are fabulous and the recipes are unique and tasty. I thank him for all of his insight and contributions to the celiac community! If you are in search of a new way regarding nutrition and health I highly recommend a purchase of any of his books."

— **E. Kelly, LMFT**, was Chef Alain's client

"Alain is much much more than a chef. Alain is also a scientist when it comes to food, and he is a wonderful writer as well. His books are educational, instructive and entertaining. Alain has become one of my favorite writers and resource."

— **Roger Chan**, *SFA Board Member, SlowFoodAustin/SlowMoney*, worked directly with Chef Alain at Peoples Pharmacy

"I have known Alain for many years. He is truly a talented person in many areas related to nutrition, Wellness, cooking etc. He cares deeply about what he does and wanting to make a positive difference in the

lives of others as well as his own. A great person to know!"

— **Marie Pierre**, *President, Lifequest Intl wellness Center*, was with another company when working with Chef Alain at Peoples Pharmacy

"I am thrilled to recommend Alain as a very talented Chef/Nutritionist, as well as, a wonderful resource for people that are challenged with limited or specialized diet restrictions. While working with Alain at Peoples Pharmacy, I was impressed by his dedication, professionalism and ingenuity to create GF/CF meals and desserts. His Gluten Free Chocolate cake is the stuff dreams are made of. I am eagerly awaiting the release of his new book, with I am sure, more delicious things to come."

— **Kaya Dupuis**, *Clinical Homeopathic Consultant, Peoples Pharmacy*, worked with Chef Alain at People's Pharmacy

"I am grateful to Chef Alain for having generously given time and talent to support my not-profit cooking classes this summer. His classical training, creative talent and high awareness of the healthy aspects of foods make him a valued ally and friend! ... Our tummies have joyful memories of the finest peach sherbet and red fruits tarte one could eat in Austin. I wish to Alain, from the bottom of my heart, the best of successes at imparting the wisdom and joy of good foods to as many people as he can ! ..."

— **Brigitte Benquet**, *Independant Sales Agent, NASE and HealthMarkets*, was with another company when working with Chef Alain at People's Pharmacy

"Alain was wonderful to work with & help show the tricks of working in a stressful envoinrment. I really enjoyed sharing classes with him & learning from his expertise in Classic French Pastry. He not only taught what was on paper, but had much more information than the students ever expected to get. I wish I had a half of the skills in a bake shop as Alain."

— **Angi (Dreesen) Jiles**, *Pastry Instructor, Culinary Academy of Austin*, worked directly with Chef Alain at Culinary Academy of Austin

"Cher Braux is a fantastic French Pastry Chef with much knowledge and abilities with French Pastries. He is also a very knowledgable Nutritionist. "And" a healthy eater!"

— **Steve Mannion**, *Director, Culinary Academy of Austin*, managed Chef Alain at Culinary Academy of Austin

"Alain is a very focused and trustworthy! I would totally recommend him as a colleague. He is friendly and knowlegable in his profession and has a professional attitude in everything he does."

— **Heather Malkani**, *Pastry Chef Instructor, Culinary Academy of Austin*, worked directly with Chef Alain at Culinary Academy of Austin

[Contact Chef Alain on LinkedIn](#)