



## Meet Cheryl

**Author** 🐾 **Dog Lover** 🐾 **Chef** 🐾 **Educator**

As a massage therapist for 20 years, Cheryl Bauer has also integrated acutonics, crystology and reiki into her sessions. She lived in the DC area for most of her life and then moved to Boulder, where she lives with her husband Ken and their dogs. Cheryl and her husband love to cook and have taken cooking classes through Escoffier School of Culinary Arts. She's been a Humane Society volunteer for 10 years and is a member of Naturally Boulder.

As a young girl, Cheryl and her brother collected dogs and cats from their neighborhood and brought them into their home on weekend mornings to play with and enjoy. When she was six, Cheryl was gifted an Easy-Bake Oven, and, well, now as an adult, she's combining two of her long-time favorites—dogs and baking/cooking—and teaches classes and develops resources for feeding healthy food to dogs and loving these pets unconditionally.

## Contact and Connect

**Phone:** 303.898.4367

**Web:** [10DogsLater.com](http://10DogsLater.com)

**E-mail:** [Cheryl@10dogslater.com](mailto:Cheryl@10dogslater.com)

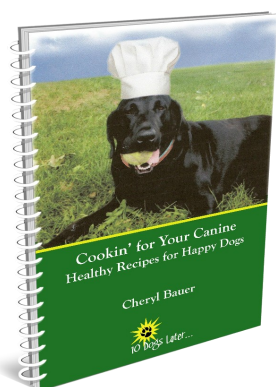
**Facebook:** [Facebook.com/10DogsLater](https://www.facebook.com/10DogsLater)

**YouTube:** Cheryl Bauer

**Twitter:** @10DogsLater



## Book: *Cookin' for Your Canine: Healthy Recipes for Happy Dogs*



If you embrace all aspects of loving and parenting your dog, this book is for you! \*Cookin' for Your Canine: Healthy Recipes for Happy Dogs\* is filled with healthy recipes geared toward supporting and improving your dog's health, nutritional information that will help you make more informed choices about the ingredients you're using, helpful hints for daily life with your canine, a beautiful love story, and more!

Why did Cheryl want to write a cookbook for dogs--well, a cookbook for the loving humans who take care of their dogs? Her two favorite things are dogs and cooking. She and her husband Ken have been all about the food for a long time.... Along the way, she started cooking for their black labrador retriever

Shelby. Cheryl believes our pets are part of the family, and it is natural for you to want what is best for your family. Particularly with her dog Shelby, Cheryl began researching foods, spices and supplements and learned recommended, safe and health-supportive choices for our canine family members. Then, with her chef training and love of food, along with bursts of inspiration, she began creating recipes and testing these recipes on her dogs and friends' dogs. Cheryl assures, "Only the recipes that were approved and eaten with gusto made it into the cookbook."

**Book contains** Ingredients and Supplements: Nutritional Information, Allergies and Irritants information, Stomach Distress information, 22 Recipes in three categories, Helpful Hints, personal stories... and more!

86 pages, full-color; available with coil bind or perfect bind  
ISBN: 978-0-692-73729-3 | Publisher: 10 Dogs Later Publishing (September 19, 2016)  
Available via 10 Dogs Later website, Amazon and several retail stores.

## Media and Events

- ♦ Taught "Cookin for Your Canine: Healthy Recipes for Happy Dogs" cooking demonstration at Natural Grocers: Cooking and Nutrition Events, Boulder, Colorado, 22 May 2017
- ♦ Taught Cookin' for Your Canine Classes, Boulder, Colorado: 24 June 2016, 16 September 2016, 30 November 2016, and 22 March 2017
- ♦ Featured in article "Homecooked Meals for Furry Friends," *Boulder Daily Camera*, Brianna Dascher, 8 March 2017
- ♦ Supported and participated in "My Furry Valentine" event in Centennial, Colorado, 12 February 2017, Benefited YAPS (Youth and Pet Survivors)
- ♦ Featured in Humane Society of Boulder Valley newsletter, *Holiday Giving Guide*, 16 December 2016
- ♦ Book Signing, PC's Pantry, Boulder, Colorado, 10 December 2016
- ♦ Book Signing, Kelly's Barn, Boulder, Colorado, 11 November 2016

