

nirmala narineTM

GLOBAL LIVING

Bio & Vision Statement

Ms. Narine seeks an agent to represent and grow her multi-faceted global living platform, building on past and current endeavors in television, books, movies and unisex beauty, to cultivate new opportunities.

www.nirmalanarine.com

nirmala@nirmalaskitchen.com

Mobile 917 449 1709

690 New Paltz Road Highland, New York 12528

CONFIDENTIAL

This document contains confidential information intended for the specific individual or entity named on email and is protected by law. If you are not the intended recipient, kindly advise us if you received this communication in error so we may redeliver it to the intended recipient. Any disclosure, copying, or distribution of this message, or the taking of any action based on it, is strictly prohibited.

Nirmala Narine



“A culinary powerhouse in the making—
Nirmala is a very interesting mix of
strength, pride and fragility.”

-Princeton Packet

“How cool is she?-Globe-trotting
diva is my new favorite spice girl...”

-Rachael Ray Magazine

“Bullied at school—” from the *New York Times*, “she grew peppers at the age of six and began selling them barefoot from village to village to buy shoes for school.” Nirmala Narine was born in Guyana, a small Latin American country with strong Caribbean roots, to parents of Indian descent. She is the epitome of the modern immigrant living the American dream.

Hailed as “the Mistress of Spices” by Martha Stewart, honored as the 2007 *Country Living* entrepreneur of year, and the founder of Nirmala’s Kitchen, Nirmala Narine’s history is rich with spices. For three decades, their redolent temptation has led her to over 185 countries, illuminating for her readers, customers, and viewers a mindful path to global foods and cultures, healthy eating habits, beauty secrets, and preserving the fragile environment of our planet.

Ms. Narine has continued to explore these pathways through her best-selling books, a foundation to empower and educate abused orphans, her wellness farmstead, and the holistic wisdom of the botanicals and spices she procures from small farmers for the kitchen and beyond. She is the host of six seasons and seventy-eight 30 minute episodes of *Nirmala’s Spice World*, a globally syndicated Ayurvedic cooking and lifestyle television show, the first of its kind broadcast to a mainstream Western audience. Through it all, she reveals to readers and viewers alike the wisdom of her ancestral sciences and the curative properties of spices to not only flavor your food, but to heal your body, nurture your mind, and awaken your innate creativity, intuition, and inner power to live your best life.

“Spice Girl— Nirmala turned her grandfather’s lessons into a successful spice business, a foundation to help orphans around the world, and books for the home cook.

-Relish Magazine

“Spice Girl—Narine discovers the world, the world has discovered her—after months on the road—
a teacher when it comes to the world’s greatest foods and cultures.”
-Ritz Carlton Magazine



“2007 Women
Entrepreneur of
Year”

Country Living Magazine



Global Futurist

Nirmala hails from a marketing background and is a sought-after global futurist and trends expert. Today, she continues to positively impact billions of consumers worldwide through her cultural insights and innovative ingredients in creating new markets for unisex beauty, food, and household product development for clients such as Procter & Gamble, International Flavor and Fragrance, L'Oréal, and PepsiCo, among others.

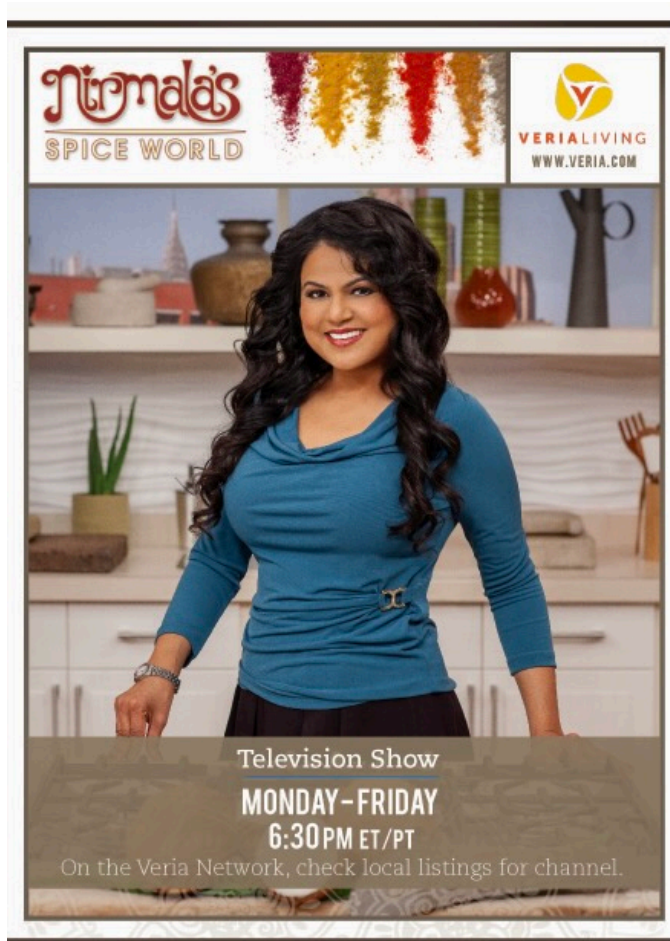
“Nirmala’s global foresight allows us to explore potential cultural markets and spot on consumers' expectations—she makes the most delicious ketchup with Pepsi”

-Indra Nooyi CEO -PepsiCo

A Seasoned Television Host

"...she is devoted to indigenous cuisines and she wields a mean machete..."

CNN-Road Warrior



Nirmala's Spice World

- ❖ Six seasons
- ❖ Seventy-eight 30-minute episodes
- ❖ Produced in English and globally syndicated in eight languages
- ❖ Filmed in New York City

"A global expert — Nirmala truly knows her craft..."

- Martha Stewart

Click image below to view video- full length episodes available upon request



"A World of Flavors –Nirmala’s recipes remind me that the world is not outside my door.
It is always just inside my door, right here in my kitchen."
-New York Newsday



SCIENCE-BACKED SELF-HELP BOOK

Nirmala’s Spice of Life: Individualized Indian Sciences for Blissfulness simplifies thousands of years of ancestral science into delectable, bite-sized pieces suited to contemporary living, sharing stories of personal triumph along the way. Divided into five parts, each section utilizes customized *sadhanas* (tools, foods, rituals, practices, etc.) to map a pathway through an inner and outer journey towards a more mindful, self-aware, and joyful approach to living. These five parts cover: small lifestyle shifts for physical and mental health, food choices geared for your personal dosha, rejuvenation rituals, a guide to transforming physical spaces at work and at home to promote energy balance, and tips for how to revitalize your relationships (including your sex life!). Finally, part five outlines seasonal twelve-week action plans to engage intimately and authentically with each of the four seasons. These fun, fully customizable pathways will teach you how to eliminate imbalance and cultivate healthy habits throughout the entire year by combining the lessons of the ancestral sciences. Embark on this sacred pilgrimage to build a newly awakened and blissful temple of body and self in the comforts of your own home.



SINS, SOLITUDE, AND SPICES: A MEMOIR

Nirmala's eye-opening memoir tells the powerful story of her fractured childhood in an Amazonian village with no running water or electricity. Detailing her descent into teenage identity- and cultural crisis in her new home in America, as well as her struggle after entering into an early marriage with a schizophrenic husband, she paints an unsparing portrait of clawing her way out of the grips of traditional Indian family values. In a tale of resilience and overcoming adversity in the face of nearly insurmountable odds, Nirmala shares the travails, taboos, and sorrows of being a young wife and widow, ultimately finding no choice but to take her destiny into her own hands, embrace a new path, and find the strength within to save her own life.

A PERSONALIZED COOKBOOK

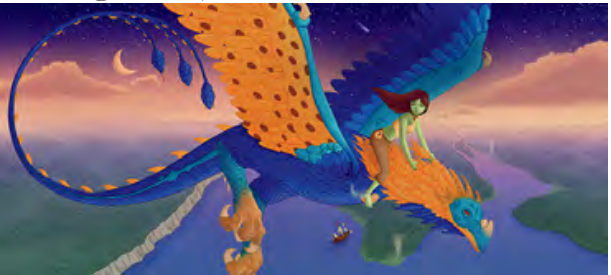
Nirmala's Ayurveda Spice Kitchen: The Science of Customized Eating to Live Purely Awaken your senses to the cosmic connections of foods grown through the six Vedic seasons. Dive into 125 science-backed seasonal recipes, accompanied by stunning photography of seasonal ingredients grown at Nirmala’s upstate New York farmstead. *Nirmala's Ayurveda Spice Kitchen* combines the divine medicine of fresh, seasonal ingredients with healing spices, inspirations from her travels around the world, and wisdom for harnessing the power of Ayurveda, the science of life, to meet your unique physical and mental health needs. Discover how your kitchen can become a source of holistic comfort to support a healthy immune system and to be the best version of yourself 365 days of the year.



MIDDLEGRADE/YA CLIMATE-FICTION SERIES

Fans of mythical creatures and young environmentalists alike will enjoy soaring through the pages of author Nirmala Narine’s middlegrade fiction series. Set within a transformed, prehistoric earth, the books follow the adventures and coming of age stories of Ellishiva Cinnamon and friends, young heroes of the indigenous Va’nature people, blessed by Mother Earth and sworn stewards of endangered animals. In this sweeping historical fantasy adventure, fantastic beasts are elevated and given voice alongside the young two-legged heroes, all of them pitted against the predations of a nefarious alien species who threaten to destroy all that the Va’nature hold dear. The series marries epic storytelling with themes of environmental stewardship, using the science and magic of plants to help readers understand the importance of responsible management of the earth's climate, natural resources, and fragile ecosystems.

- Book 1: *Ellishiva Cinnamon and the Sixth Element* (Vanadala Publishing, 2015)
- Book 2: *Ellishiva Cinnamon and the Artic Battle*
- Book 3: *Ellishiva Cinnamon and the Cloud Menace*
- Book 4: *Ellishiva Cinnamon Revenge of the Dofauns*
- Book 5: *Ellishiva Cinnamon; Midnight of Fire and Ashes*



Complete manuscripts and book proposals available upon request

"...an astute and worldly epicurean—the girl has moxie—Narine speaks with a spirited energy weaving memorable tales of her travels tracing indigenous foods to the very essence of their cultivation"

-Edible Hudson Valley

Nirmala's Spice of Life

Welcome to *Nirmala's Spice of Life*—Discover your daily one-hour dose of spicy TV wellness that helps you live, look, and feel amazing.

Intrepid and charismatic world traveler Nirmala breathes new life into stories from her globe-trotting quests for the best spices to be found anywhere. Explore holistic wellness through your hostess’s ancestral sciences and the power of spices, including beauty rituals, customized recipes and cooking demos, and health and well-being secrets. Nirmala illuminates and recharges viewers’ mind-body connection in an entertaining, inclusive, and informative style, empowering you to be the best version of yourself.

From fast, fresh, healthy recipes to build immunity and promote longevity, to cultivating a joyful and inspiring living and workspace, to staying fit with yoga meditation, keeping beautiful inside and out, *Nirmala's Spice of Life* is designed with one thing in mind—to help you exhale fear and inhale courage. Rediscover your unique natural rhythms and a robust, happy sense of self in perfect harmony, all from the comforts of your own home.

“Ingredients can be found in Canadian Supermarkets-
Nirmala is a delight to the eyes and imaginations as well as the palate.”
-Hello Canada

Nirmala: World Spice Trader

(Discovery Channel-Scripps Network)

Nirmala is in development on a follow-up series to *Nirmala’s Spice World*, which has a first look by Discovery Channel. The show follows Nirmala as she sources plant-based ingredients such as spices and botanicals from the far corners of the planet for her thriving company, Nirmala’s Kitchen. *Nirmala: World Spice Trader* is currently on hold due to the Covid-19 global outbreak.

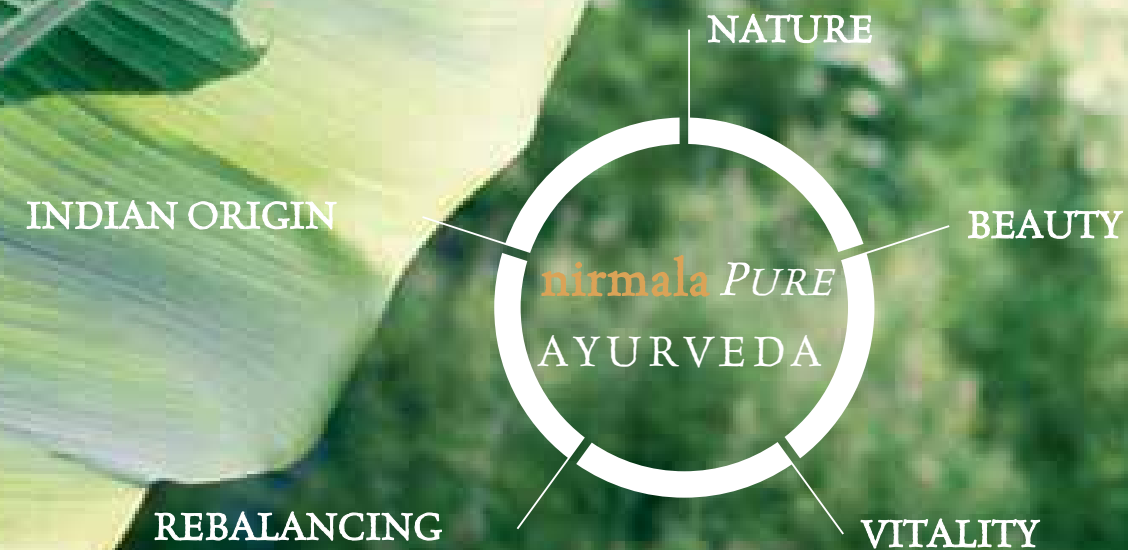
Click on image below to view pilot video



"Nirmala's Unisex Beauty with Spices-adds Spice of Life to your years..."

-GQ Magazine

A NEW UNISEX BEAUTY LINE



Nirmala *Pure* Ayurveda is a unisex beauty line created according to the ancient science of living, Ayurveda. Free from parabens and preservatives, cruelty free, and “vegan Ok”-certified, the product line features formulations rich in sustainable botanicals and spices sourced by Nirmala from local forest communities and small-scale farmers.

Rooted in timeless ancestral sciences and beauty rituals, the Nirmala Pure line offers a stylish, modern holistic aesthetic full of promise, inclusivity, confidence, and the rediscovery of healthy, beautiful skin.

For decades, global futurist Nirmala Narine has contributed her insights and panache with natural ingredients for the \$539 billion global beauty industry, on behalf of brands like Tom Ford and Rhianna.

...passionate, full of life, wise, fearless...no words could ever accurately capture her spirit and the joy that she brings to everyone around her when she enters a room. Nirmala has a special ability to see things a little bit differently than the rest of us ...”

-Eric Ripert, Executive Chef & Co-owner-Le Bernardin

Quintessence of Nirmala

Nirmala is Sanskrit for *pure*. Ms. Narine has been doing yoga since she was two years old and speaks five languages. The wisdom of the age-old healing sciences she practices and teaches was gifted down through a lineage of Ayurvedic physicians that dates back over 500 years in India, passed down by her grandfather, Payo. Ms. Narine is the sixth generation in an unbroken line of Ayurvedic scholars. Her life and work personify the sciences of life and longevity, which have withstood the test of time and, today, appeal to the Western audience due to their tried-and-true guidance in living a balanced lifestyle in blissfulness.

With a vivacious smile and engaging personality, Nirmala has a knack for powerful storytelling that opens minds, spirits, palates, and a host of lifestyle choices for her American audiences. Her genuinely holistic and culturally aligned philosophies are fresh and invigorating, making her a one-of-a-kind personality. She is primed for this paradigm shift and can play the role of the sacred companion, leading viewers and readers alike on an inner journey towards a deeper understanding of the mind-body connection and what it means to be truly beautiful inside and out.

Nirmala divides her time between her home in Queens and her organic farm in New York's beautiful Hudson Valley, where she plays warden to her hens and keeper to honeybees.

nirmala narine™
GLOBAL LIVING

Inspired by nature and guided by ancestral science, open your mind,
spirit, and palate, and travel the holistic path to wellness through
the power of spices.

