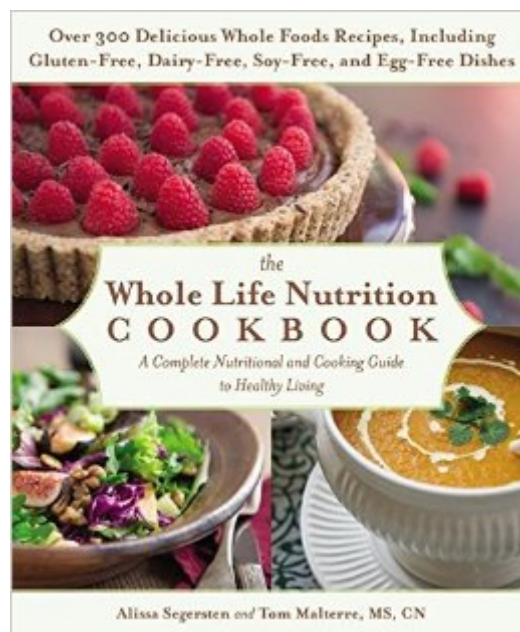


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The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, And Egg-Free Dishes



Synopsis

Food is powerful medicine and whole foods, or foods in their natural unrefined forms, offer us vitamins, minerals and antioxidants that prevent diseases and create a state of balance and health within us. Nutritionist Tom Malterre and Chef Alissa Segersten understand that food can be both healing and delicious and in THE WHOLE LIFE NUTRITION COOKBOOK they provide information on the importance of living a whole foods lifestyle, and how to transition into one. Readers will learn to prepare foods that promote optimal health, prevent disease, and energize the body. With over 300 delicious, nourishing recipes, readers will discover amazing, new ways to cook whole grains, fish, poultry, meat and veggies. THE WHOLE LIFE NUTRITION COOKBOOK includes:

Evidence-based information on whole foods Gluten-free, dairy-free, egg-free, and soy-free recipes
A complete guide to stocking your whole foods pantry The whole story on the current diet trends and how to adapt them to best serve your individual needs The real story behind toxicity in food and avoiding PCBs GMOs and non-organics Recipes that any vegan, vegetarian, carnivore or omnivore will love
Whether serving breakfast, lunch, dinner, snacks or desserts, readers will enjoy their food while healing their immune system, decreasing the inflammation that causes disease, balancing hormones and promoting better overall health.

Book Information

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Customer Reviews

The Whole Life Nutrition Cookbook is a VERY well researched, informative work. The title says it's a cookbook but it's much more than just a cookbook. The first chapter opens with the following

Voltaire quote that I believe sets the tone for the book: "Everyone should be his own physician. We ought to assist and not force nature. Eat with moderation what agrees with your constitution. Nothing is good for the body but what we can digest. What medicine can produce digestion? Exercise. What will recruit strength? Sleep. What will alleviate incurable ills? Patience." If you believe in the what goes in, must come out philosophy, you will find something in this book to assist you in bettering your health! From the novice to the pro in the kitchen and garden, there's something for you here! If you've watched Doctor Oz, you've probably heard of the "blue zones" which are areas around the planet where people live the longest and with the greatest health. The recipes in this book are derived from the dietary patterns found in the "blue zones." There is an excellent selection of gluten-free, dairy-free, soy-free and egg-free dishes - something for everyone! Besides the over 300 recipes, there's so much other valuable-to-your-health information that it boggles the mind. You will find the six steps to nourish your digestion system. Whole Food sensitivity is thoroughly delved into. As a celiac, I can attest that food allergies and sensitivities are far more common than we might have imagined. The authors reveal ten common sensitivities, familiar conditions associated with a food sensitivity and known triggers, if any. Various dietary lifestyles such as paleo, vegan-ism, raw, Mediterranean and many more are explained and analyzed.

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