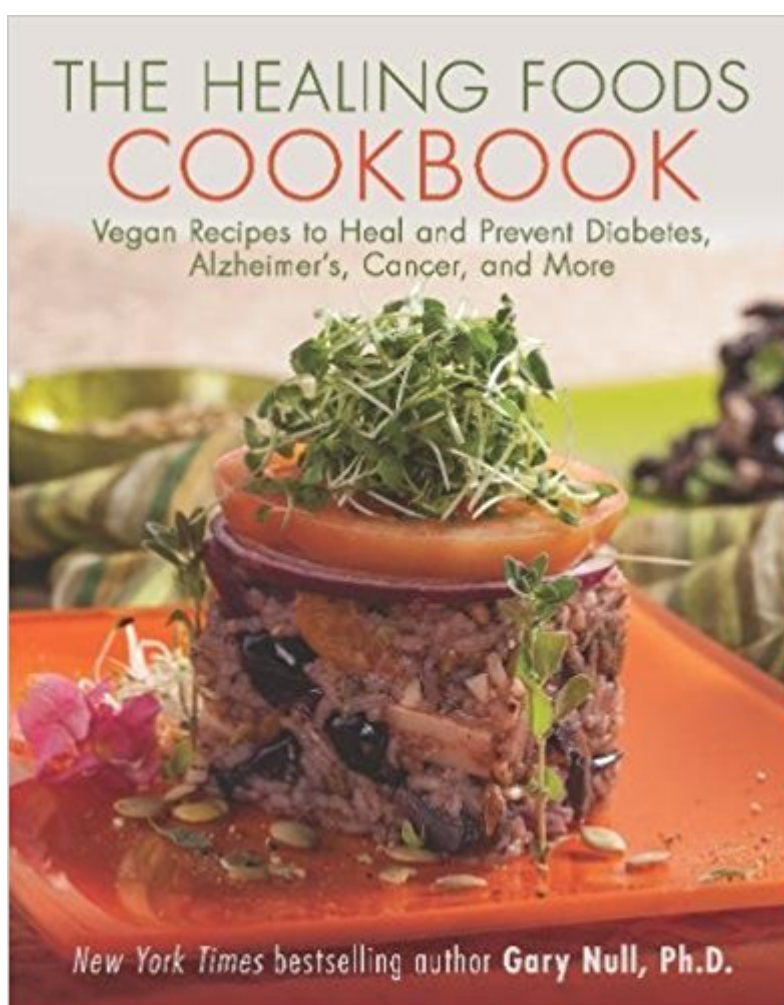


The book was found

The Healing Foods Cookbook: Vegan Recipes To Heal And Prevent Diabetes, Alzheimer's, Cancer, And More



Synopsis

America's love affair with pro-inflammatory sugars, fats, animal proteins, preservatives, additives, and high-temperature cooking has given rise to devastating health consequences. As rates of chronic degenerative disease surge around the country, it's more important than ever to dispel the myths surrounding a plant-based diet and get people excited about choosing foods that truly can be both nutritious and gourmet. Gary Null has witnessed people make remarkable improvements in their health by eating a plant-based, pure foods diet, including individuals going from diabetic to nondiabetic and reversing the symptoms of autoimmune disease. Here are recipes and specific nutrient supplementation protocols for some of the most important health issues facing Americans today: diabetes, cognitive diseases, obesity, pain, cancer, allergies, and aging. Recipes include: Fettuccine asparagus Alfredo Fusilli with eggplant, broccoli rabe, and garlic Grilled tomatoes with tarragon Sesame amaranth polenta Spaghetti and shiitake saffron tomato sauce Thai macadamia noodles Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Book Information

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Allergies #372 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Gary Null, PhD, is an internationally renowned expert in the field of health and nutrition, the author of more than seventy books on healthy living, and the director of more than one hundred critically acclaimed full-feature documentaries. He is the host of The Gary Null Show, the country's longest-running nationally syndicated health radio talk show. He lives in New York, New York."

Very useful info on vegan eating. So many good recipes to try.

I've been vegetarian for 17 years and entirely plant-based (vegan) off and on for about 5 years. I'm used to working with plant-based recipes that are boring or use unusual and hard to find ingredients, or rely on fake meat for flavor and texture. I thought a "healing foods" cookbook would be different. Uh, not this one. Almost every single recipe (except some of the desserts and smoothies) call for several tablespoons of oil, and some call for 1 full cup of olive oil for a 2 serving recipe. Seriously? Yes, fat is important. But 100g of fat from olive oil in one serving is rather excessive. On top of that, too many of these recipes require unusual ingredients. I don't have time to go to 4 different grocery stores for one week's menu. Some of the items you'll need: arame, hazelnut oil, alaria, hijiki, wasabi powder, agar-agar, gomasio, umeboshi plum paste, pomegranate powder, yacon syrup, exotic superfood young thai coconut meat (that's exactly what it calls for), maqui powder, date paste -- there's more. And if you're not already vegetarian, there will probably be even more items that are unfamiliar. You'll also need easier to find but expensive things like macadamia nuts, hazelnuts, and saffron. Many of the recipes also call for fake dairy or meat such as non-dairy parmesan and ricotta (it does not include recipes for those) and tempeh bacon. Not only are these expensive but fake cheese is gross and tempeh bacon is only marginally better. Food doesn't need these things to be delicious. As for positives -- The pictures are beautiful and the font is quite pleasing.

I love this book....getting into healthy eating. Great illustrations for every recipe.

I like to cook vegan recipes so I enjoyed receiving my copy of The Healing Foods Cookbook. Thank you very much.

Good book.

There are some good recipes. The writing and instructional part of the book is subpar.

Very interesting new recipes to consider.

Excellent, great recipes.

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