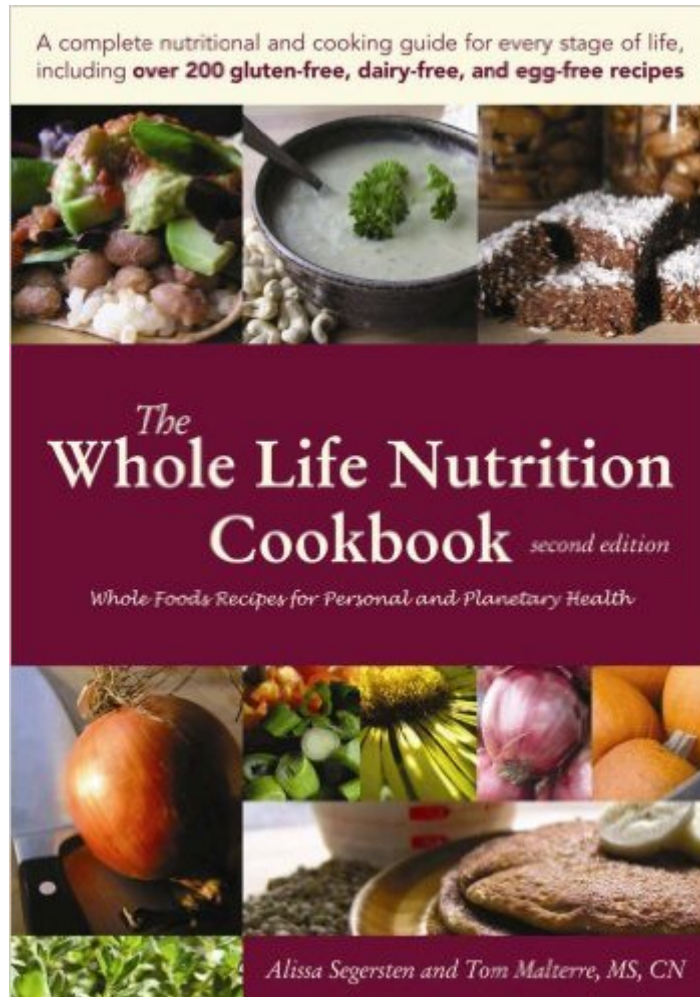


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# The Whole Life Nutrition Cookbook: Whole Foods Recipes For Personal And Planetary Health, Second Edition



## Synopsis

The Whole Life Nutrition Cookbook offers readers and food lovers a new and in-depth look at foods found in their whole form and how to prepare them. Learn to prepare foods that promote optimal health, decrease inflammation, prevent disease, and energize your body. There are over 200 delicious, nourishing recipes in this cookbook that will delight your taste buds and satisfy your soul. The Whole Life Nutrition Cookbook includes: Evidence-based information on whole foods Information on food sensitivities, including ways to adapt recipes with gluten, dairy, eggs, or soy A complete guide to stocking your whole foods pantry Sweet and savory whole grain baked goods that are gluten, dairy, egg, and soy-free Scrumptious vegetarian recipes along with delicious fish, poultry, and meat recipes A schedule for introducing solid foods to infants A proven 28-day elimination and detoxification diet The Whole Life Nutrition Cookbook provides a diverse array of recipes for every taste bud and eating style. Recipes include Minty Green Smoothie, Sweet Rice Cereal, Root Vegetable Pancakes, Easy Gluten-Free Biscuits, Orange Currant Millet Bread, Quinoa Zucchini Bread, Fall Pinto Bean and Yam Soup, Creamy Butternut Squash Soup, Turkey and Wild Rice Soup, Raw Sauerkraut, Autumn Harvest Salad, Braised Kale with Garlic and Ginger, Curried Vegetables, Buckwheat Soba Noodle Salad, Thai Fried Rice, Coconut Quinoa Pilaf, Spinach and Tofu Enchiladas with Spicy Ancho Chili Sauce, Tempeh Fajitas, Lentil and Spinach Dal, Sunny Sunflower Seed Burgers, Spiced Citrus Salmon, Coconut Lime Chicken, Lemon Blueberry Pudding, Chewy Chocolate Chip Cookies, Raw Chocolate Hazelnut Brownies, Zesty Lemon Tart, Decadent Chocolate Bundt Cake, and Berry Peach Iced Nut Cream. There are also recipes for healing teas, nut milks, and smoothies, as well as recipes for salad dressings, dips, and sauces. With so many recipes to choose from, the question: What's for Dinner? can easily be answered every time.

## Book Information

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## Customer Reviews

I am a difficult patient I don't give up I keep trying I keep looking for answers I keep an open mind I know the answer may come from anywhere - "chance favors the prepared mind" Louis Pasteur I collect exceptional physicians creative, think-outside-the-box docs I always ask "Why?" I always ask "How?" I have high expectations I don't accept less than 100% function I expect an answer Who would have thought the answer was in the food I eat? Since the late '80's, perhaps for my entire life, I have struggled with physical and mental illness. In 1997, depression, mood swings and debilitating chronic fatigue overwhelmed me. For ten years my Psychiatrist and my husband kept me alive. By 2006, I had the mental illness medically controlled and had resigned myself to spending the remainder of my life managing the chronic fatigue by living five hours a day. Beginning late in 2006, my doctor recommended I look at the food I eat, and find a good Nutritionist. I said, "What? Food cause all the different problems I am dealing with? I find that hard to believe." But, I am always looking for an answer, and I had nothing to lose but a non-functioning life, so I committed to the process 100%. I was fortunate that the Nutritionist's Elimination and Detoxification process was included in the newly published Whole Life Nutrition Cookbook. The book also included recipes WITHOUT foods I would soon discover made me ill. Within twelve days of beginning the Elimination and Detoxification process, the mental issues and the fatigue dramatically diminished.

I didn't realize when I purchased this cookbook that it was primarily a gluten-free cookbook. I read the line on the top about it having gluten-free, dairy-free and egg-free recipes, but my primary reason for getting it was the whole foods aspect. I wanted simple recipes that used local, in season fruits and vegetables. I definitely got much more than I bargained for! Between this book and the purchase of a Vitamix (highly recommended, even though expensive), I now consume 5 times as many green vegetables as I did before. Being primarily vegetarian, that says a lot. I tended to eat lots of vegetables before, and now I eat lots more. This is good. As a mother of four children, Ali Segersten doesn't really have time to have recipes that take all day to prepare. Most things are fast and yummy, once you get into the groove of cooking like this. I've owned this book for a year and have cooked probably 3/4 of the recipes and some of them are weekly staples (not to mention keeping up with the recipes on their blog). When beets are in season, I can't get enough of the balsamic beets. Who knew beets could be so yummy? I have one toddler (and feel as if I have four)

so cooking healthy food has to be fast. I also want her to grow up with healthy eating habits. Without even having a clue about it, I've probably been gluten sensitive my entire life. Pregnancy seems to have triggered it to be more noticeable, since I started having digestive problems after the birth of my daughter (and a bit during pregnancy too, though it's hard to sort out what's normal with pregnancy and what could have been sensitivity to gluten). I've heard of dairy allergies, and all sorts of other allergies, but gluten? Who is allergic to gluten? Well, it turns out a lot of us are.

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