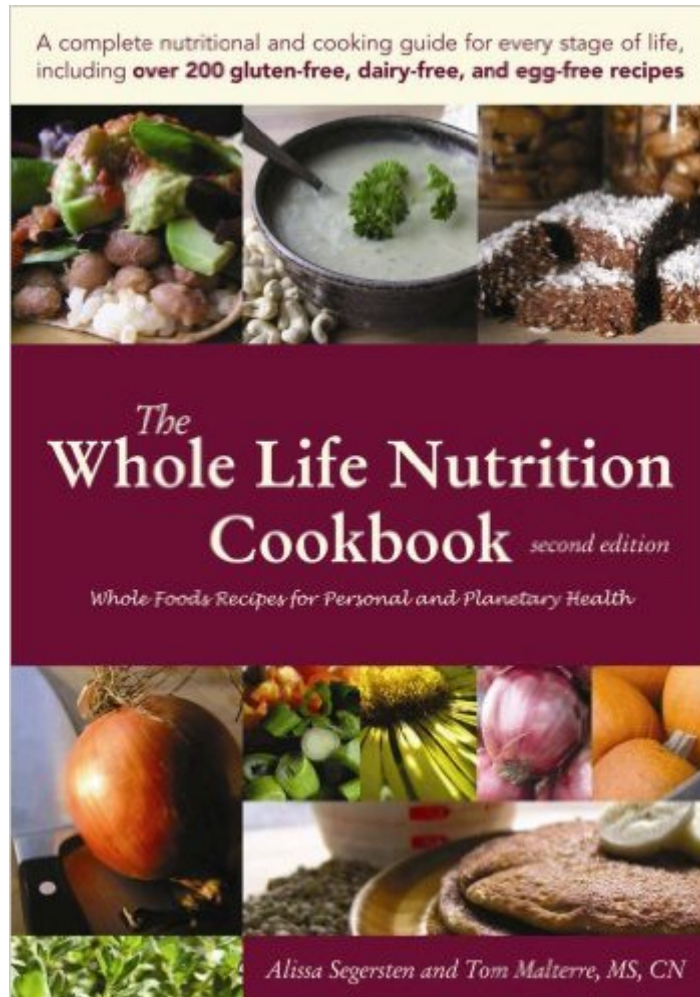


The book was found

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



## Synopsis

The Whole Life Nutrition Cookbook offers readers and foods 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

Perfect Paperback: 440 pages

Publisher: Whole Life Press; 2nd edition (October 19, 2007)

Language: English

ISBN-10: 0979885906

ISBN-13: 978-0979885907

Product Dimensions: 9.9 x 6.9 x 0.9 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (196 customer reviews)

Best Sellers Rank: #115,136 in Books (See Top 100 in Books) #37 inÂ Books > Cookbooks, Food

## Customer Reviews

I am a difficult patientI don't give upI keep tryingI keep looking for answersI keep an open mindI know the answer may come from anywhere -"chance favors the prepared mind" Louis PasteurI collect exceptional physicians creative, think-outside-the-box docsI always ask "Why?"I always ask "How?"I have high expectationsI don't accept less than 100% functionI expect an answerWho 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.

[Download to continue reading...](#)

The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health, Second Edition 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Llewellyn's 2017 Daily Planetary Guide: Complete Astrology At-A-Glance (Llewellyn's Daily Planetary Guide) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Whole Foods Diet Challenge: 30 Day Whole Food Cookbook Crystals and Sacred Sites: Use Crystals to Access the Power of Sacred Landscapes for Personal and Planetary Transformation Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Modern Nutrition in Health and Disease (Modern Nutrition in Health & Disease (Shils)) Healing with Whole Foods: Oriental Traditions and Modern Nutrition Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Stir Fry Cookbook: Over 110 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Diabetic Cookbook For One: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Sexy by Nature: The Whole Foods Solution to Radiant Health, Life-Long Sex Appeal, and Soaring Confidence Slow Cooker, Crock-Pot, Dutch Oven Recipes: Low Calorie, Tasty & Healthy Whole Foods Recipes #SAYGODDBYETODIET Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Genetically Modified Foods (Nutrition and Health)

Williams-Sonoma Foods of the World: Florence: Authentic Recipes Celebrating the Foods of the World Feline Nutrition: Nutrition for the Optimum Health and Longevity of your Cat

[Dmca](#)