

Super Soup Healing Soups For Mind Body And Soul

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. Make the most of fresh produce all year round with more than 200 homemade soup recipes organized by season. *The Soup Book* is packed with plenty of nourishing recipes for every season. Try winter warmers such as parsnip and apple soup or French onion soup, enjoy a light summer lunch of chilled cucumber soup with dill, and make a hearty borscht or pumpkin soup in autumn. The recipes are organized first by season, and then by ingredient, so you can

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easily find the ideal soup to suit the fresh ingredients you have to hand. Featuring recipes from Raymond Blanc, Dan Barber, Alice Waters, and other supporters of The Soil Association, The Soup Book offers plenty of recipe ideas and inspiration to fill your bowl. Each recipe is accompanied by freezing times so that you can prepare your favorite recipes to enjoy later. This updated edition features brand-new and updated photography to accompany the book's refreshed design. Make hearty, wholesome, and healthy soups all year round with The Soup Book.

Heart-warming and health-boosting soups are an effective way of supplying the body's essential everyday nutrients. If you want to improve your mood, lose weight or even spice up your love life, bestselling health expert Michael van Straten makes it easy with a range of revitalizing, quick and delicious soups that will help to cleanse and rejuvenate the mind, body and soul. Super Soups includes recipes to help aid circulation, skin, moods, weight management and the immune system. Also included are A-Z charts listing the curative powers of soups for a range of common ailments, so that you can "prescribe" soups tailored to your needs.

Examines the process of grief through a fictional story of Grandy and Pops as they face a great loss by making tear soup.

Souping is the new juicing! When Angela Blatteis and Vivienne Vella set out to create Soupure, the LA-based soup company at the forefront of the souping movement, they wanted to share the power of healing soups with the world. With a few simple, delicious recipes they've helped people lose weight, boost their energy, and feel better every day. Now with THE SOUP CLEANSE they are bringing their satisfying, 100 percent good-for-you, whole food-based

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soups straight into your kitchen. With more than 50 delicious recipes and a flexible, easy-to-follow detox program, you'll learn how to nourish and purify your body while flooding it with essential nutrients. You will sip your way through high-fiber soups packed full of regenerative whole food ingredients. Unlike juicing and many other quick-fix diets, THE SOUP CLEANSE is built on simple, satisfying recipes that won't leave you feeling hungry or deprived, making it accessible and easy to stick to-even for those with the busiest lifestyles. Get ready to rejuvenate, revitalize, and reclaim your health-one sip at a time!

?Do you worry about eating right? ? ?? Wonder how you could stay healthy and have more energy without spending hours in the kitchen? ?? ??? Plant foods to the rescue! The Green Reset Formula is there for you! ??? The way you eat could save your life? Or at least make it better. That's right. Switching to the plant-based diet can be life-changing. Scientific research proves that a plant-based diet may reduce the risk of many chronic diseases, such as Type 2 Diabetes, heart disease, certain types of cancer, and other severe illnesses. And even without worrying about these bigger concerns, a plant-based diet can just make your feel a lot better inside and out. So, why raw soups? You may be skeptical about raw soups, but once you try them, you will appreciate how easy they are to make and how much energy they give you. They only take about 5-10 minutes to make from start to finish, and that includes the cleaning. It doesn't get much easier and healthier than that! What most people fail to realize is that healthy food can also be fast food, like FIVE MINUTES FAST! In the Raw & Living Soups For Body and Soul Book, you'll find 30+ super-easy, super-healthy raw soup recipes, bursting with flavor and compassion, plus plenty of tips and tricks on how to make them! Attention: Paperback is available only in black-and-white format. Thanks for your understanding. ?Get

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your copy of the Raw & Living Soups For Body and Soul today and enjoy! ?

Illustrated throughout, this book suggests over 60 salads, from warm leek and pea with mustard, to figs, lamb's lettuce, tarragon and lemon. An A-Z chart listing the curative powers of salads for a range of ailments is included.

From two popular bloggers and leaders in the functional medicine movement, here's the ultimate guide to eating healthfully as a family—a simple, practical cookbook that shows how easy it is to ditch processed foods one meal at a time with 365 delicious, whole food-based, allergen-free recipes that the entire family will love. It can be daunting to live a whole foods lifestyle in today's busy world—even more so to prepare plant-rich, allergen-free meals that'll get the whole family around the table. Popular blogger Ali Segersten and functional medicine expert Tom Maltter are a team devoted to teaching their children—and readers—the importance of living a whole foods lifestyle. Nourishing Meals makes it easy and fun with dishes that burst with flavor, such as their Cherry Pecan Salad, Butternut Squash and Pinto Bean Enchiladas, Chipotle-Lime Roasted Chicken, and Banana Coconut Cream Pie. Every recipe in the book is free of the most common allergens: gluten, soy, eggs, and dairy, as well as refined sugar. And these dishes are designed to appeal to everyone, including vegan, vegetarian, seafood, and meat-eaters. In addition to wonderful food, Ali and Tom offer easy, doable steps to help you change your family's health, tips for making the transition easier, and ways to get the kids excited about wholesome foods. They map out the best foods and recipes for every stage of having a family, from pre-conception and pregnancy through each year of a child's life. And they explain in accessible terms what makes their recipes so effective for achieving optimal health. Originally self-published with an avid following, this edition will feature more than 30

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new recipes, and many of the original recipes have been updated. This new edition will also include 100 beautiful all-new food photos featured in two inserts. With an easy, tasty recipe for every day of the year, it's never been simpler to adopt a healthy, whole foods lifestyle!

Six weeks to a healthy new you from the creator of the popular Joyous Health blog. Joyous Health, a fresh new approach to eating, will change the way you think about food with its simple and practical path that will create a healthy lifestyle. In just six weeks, holistic nutritionist Joy McCarthy guides you through an easy-to-follow and flexible program and puts you on a permanent path to good health with amazing results, including improved digestion, weight loss, balanced hormones, lowered blood pressure and cholesterol, and much more. Joyous Health celebrates eating delicious whole foods and enjoying an invigorating lifestyle. Inside you'll learn all about the best foods and most nutritious habits for vibrant health, foods to avoid, and detox solutions. Featuring beautiful color photography throughout, Joyous Health includes eighty healthy recipes like Carrot Cake Smoothie, Coconut Flour Banana Pancakes, Thai Beetroot Soup, Curry Chicken Burgers, and Double-Chocolate Gluten-Free Cookies.

Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set, she presents the latest information about the problems with today's food supply and shows how to use food as medicine, for healing, and for wellness.

100 Delicious and Easy Recipes for Comforting Soups, Healing Broths, Game Day Chilies, and More! Super Easy Soups and Stews offers 100 ridiculously easy recipes for all your favorite soups, stews, chilies, chowders, and more. Whether you like to prepare dinner on the stovetop or in your slow cooker, Instant Pot, pressure cooker, Dutch oven, or Ninja Foodi, there are plenty of delicious options here. Find recipes such as: Meatball Tortellini Soup Baked Potato

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Soup Egg Drop Soup Beef and Black Bean Chili Chickpea Chili Harvest Corn Chowder Mushroom Stew And more! These recipes use ingredients that are inexpensive and easy to find at your local grocery store. You'll also find helpful ideas for freezing soups, time-saving tips for prepping ingredients, and handy substitutions to customize soups to your tastes and dietary needs.

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy,

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nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

A Culinary Pharmacy in Your Pantry The Cancer-Fighting Kitchen features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment. Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu plans that have been specially formulated for specific treatment phases, cancer types, side effects, and flavor preferences. The Cancer-Fighting Kitchen brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal. The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet category and the People's Choice Award. From the Hardcover edition. Alkaline Soup Recipes- Beat Inflammation, Stimulate Healing and (if desired) Start Losing Weight without Feeling Deprived... It's all about healthy and nutritious alkaline recipes that are super easy to prepare and will give you the energy you deserve. They are perfect for all

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occasions, offer a variety of taste, are jam-packed with minerals and vitamins to rejuvenate all the cells of your beautiful body to look and feel amazing. Most people already know that eating more veggies and natural, plant-based foods is good for them. But the question, “OK, so what am I going to eat to feel satisfied?” more often than not turns into procrastination and the big problem of not knowing how to turn theory into practice. This is why we created this book- to make it simple, doable, and fun for you! All of the recipes you will find in this book are comforting, healing, energizing, and perfect all year long. While this book and its recipes focus more on the plant-based approach, this book is not only for vegans and vegetarians. Everyone can benefit from it! Inside You Will Discover Over 50 Irresistible Alkaline Soup Recipes Including: Alkaline Diet Soups for Slow Cooker- Set It and Forget It... Alkaline Soups That Are 100% Raw (great as smoothies, soups, snacks, or dips!) Super Quick Recipes Oriental Recipes for Optimal Taste! +How to Make Alkaline Diet Easy (like a breeze!), exciting and fun! All year long. Without being perfect and without feeling deprived! Grab Your Copy Today and Start Transforming All Areas of Your Health with the Alkaline Soup Recipes!

Super Duper Soups introduces 60 new soups which offer the health benefits that proved so popular in Super Soups, including immune-boosting, circulation, slimming, and good mood, plus many more. Plus there is a range of detox and healing diets to put you on the road to tip-top health. Like Super Soups, Super Duper Soups lists common conditions such as headaches, colds, insomnia, and menstrual problems in its healing charts, and suggests which soup will help you make a speedy recovery.

From the author of the successful blog, mouthwateringvegan.com, comes over 130 incredible recipes to showcase how accessible, varied, delicious and nutritious vegan eating can be. In

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this book you'll find recipes for your favourite comfort foods in all their vegan glory. Here are meat-free, egg-free and dairy-free recipes that combine the idea of eating healthily, with food that is immediately satisfying, tastes great and is easy to prepare. From delicious dips, appetizers and soups; to main courses including curries, pastas, stews, burgers and salads. There are a whole host of recommended juices and smoothies and--at the sweeter end of scale--cookies, cakes and desserts. Mouthwatering Vegan transforms home cooking classics into vegan-accessible, delicious dishes. Miriam challenges herself to replicate dishes that are usually impossible to include in a vegan diet and opens up the scope for what vegan eating can be. Included in the book are recipes for vegan cheese, cream and mayonnaise; Chilli Con 'Carne', Shepherd's Pie, Mince & Ale Pie, Stroganoff Supreme and the Perfect Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red Bean Nut Burgers; Spicy Rice & Quinoa Eggplant Bake; and Super Mushroom & Walnut Loaf. Many of Miriam's recipes are inspired by the Mediterranean and the Far East, and all of them have the health benefits of vegan cooking without sacrificing the taste. Mouthwatering Vegan opens up new possibilities for vegan eating that will make you rethink vegan cuisine.

More than 100 of the best soup recipes Boston has to offer accompanied by fun stories and beautiful full-color photography. Marjorie Druker is passionate about soups. She fell in love with soups when she first heard the story Stone Soup. After attending Johnston & Whales, Marjorie created the menu for the popular Boston Market restaurant chain, and soups were always her favorite. "My niche is taking what people like to eat and

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turning it into a soup," she says. The New England Soup Factory restaurant has won the Best of Boston award four times. People skip school to eat their soups. A pregnant in labor stopped by the restaurant on the way to the hospital to satisfy a last-minute craving. New England Soup Factory soups are like no other soups. And now you can recreate these delicious soups in your own home. The New England Soup Factory Cookbook contains 100 of Boston's best-tasting traditional and creative soup recipes. The book also includes a chapter on sandwiches and salads to accompany such soups as . . . New England Clam Chowder Wild Mushroom and Barley Soup Curried Crab and Coconut Soup Raspberry-Nectarine Gazpacho Cucumber-Buttermilk Soup

The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge

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science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, Fiber Fueled offers the blueprint to start turbocharging your gut for lifelong health today.

Provides recipes for nutritious meals that emphasize the natural flavors of key ingredients and are pleasing to a food lover's palate, including options for every meal of the day as well as a list of pantry staples.

From bestselling author Rebecca Katz comes this collection of 60 recipes for pure, cleansing soups intended to renew and restore. Soup has a unique ability to nourish and heal the body. In Clean Soups, author Rebecca Katz shows you how to use

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wholesome stocks and soups to naturally detox and stay energized year-round. She also explains the building blocks for creating deliciously balanced soups, such as Moroccan carrot soup, kale soup with coconut and lime, and simplest chicken pho. With foundational broths, blended soups, and traditional healing soups, as well as a two-day cleanse, *Clean Soups* shows how one simple bowl can make a huge difference in how you feel.

The Thai people have a well kept secret. For hundreds of years, they've known about the healing power of their traditional soups. Over the course of several trips to Thailand, Nutritional Therapist Craig Fear, realized there were so many simple, delicious and healthy Thai soups that were unknown to most people in the West. He set about sampling, photographing, and collecting dozens of soup recipes that are easy re-create in western kitchens. The result is the *Thai Soup Secret!*

The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. *The Autoimmune Wellness Handbook*, from Mickey Trescott and Angie Alt of *Autoimmune-Paleo.com*, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform,

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collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life. A practical and inspiring guide to the hottest trend in cleansing—with 60 nutritious, satiating recipes and targeted detox plans for a lean body, sparkling mind, and renewed energy

Super Salads Healing Salads for Mind, Body, and Soul Whitecap Books

The #1 New York Times best-selling author and beloved healing authority reveals how taking your liver off overload can help resolve a wide range of symptoms and conditions--and transform your health in ways you've never imagined. What if you could focus on one aspect of your well-being to transform all the others--and at the same time prevent health problems you didn't even know were lurking beneath the surface? In today's world, we have no idea how many symptoms, conditions, and diseases are rooted in an overloaded liver. It's not only about liver cancer, cirrhosis, and hepatitis. Nearly every challenge--from pesky general health complaints to digestive issues to emotional struggles to weight gain to high blood pressure to heart problems to brain fog to skin conditions to autoimmune and other chronic illnesses--has an origin in an overloaded liver and can improve and heal when you harness the force of this humble

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organ. Medical Medium Liver Rescue offers the answers you should have had all along. With his signature compassion, Anthony William, the Medical Medium, shares unparalleled insights into undiscovered functions of our life-saving livers, explains what's behind dozens of health issues that hold us back, and offers detailed guidance on how to move forward so we can live our best lives. Find out for yourself what liver rescue is all about: being clearer-headed, more peaceful, happier, and better able to adapt to our fast-changing times. Learn how to sleep well, balance blood sugar, lower blood pressure, lose weight, and look and feel younger. A healthy liver is the ultimate de-stressor, anti-aging ally, and safeguard against a threatening world--if we give it the right support.

Souping is a new way to cleanse and detoxify the body. Compared to juicing and juice cleansing, which are both high in sugar and less satisfying than soup, souping combines the health benefits of whole foods and a wide array of soups (hot and cold) for a more satisfying and healthier way to cleanse and detoxify the body, lose weight, boost energy, and much more. Souping is a new cookbook that is packed with over 100 delicious and incredibly healthy soup recipes that can be eaten on the go, along with unique cleansing programs for losing weight, detoxifying the body, improving hair and skin, boosting immunity, boosting energy, and improving overall health. You will learn to make satisfying soups that use whole ingredients, and to follow programs that range from one to seven days, while never offering the same menu twice. The recipes include

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hot and cold soups, as well as soups that are savory, sweet, filling, energizing, refreshing, and calming. Each recipe is simple to make and includes step-by-step instructions for making and storing each soup, the nutritional breakdown, and an explanation of the health benefits of the key ingredients of each soup. Cleansing plans include day-by-day menus using a breakfast, lunch, and dinner format.

Is there anything better than wrapping your hands around a steaming bowl of soup on a chilly day? Soups and stews are the epitome of comfort food, literally warming us up from the inside out. They are also simple and economical to prepare, and they're easy to store away for quick lunches or dinners when there's no time to cook. Carolyn Ketchum knows how to pack her recipes with layers of flavor as well as nutrients, without adding a lot of carbs. In this book, you'll find recipes for hearty and filling soups and stews as well as lighter, more refreshing fare—plus a few keto breads for sopping up every last drop. Along with three recipes for broth, the book features recipes such as: •Chicken Avocado Lime Soup•Instant Pot Chipotle Beef Stew•Steak & Bacon Chili•Chinese Pork & Cabbage Soup•Nourishing Breakfast Soup•Lobster Bisque•Dairy-Free Clam Chowder•Curried Pumpkin Soup•Strawberry Basil Soup•Garlic Parmesan Breadsticks The recipes are marked with handy icons that tell you at a glance which ones are vegetarian, freezer-friendly, quick and easy, and more. In many cases, Carolyn provides options for multiple cooking methods, including the popular Instant Pot. You'll also find handy tips for stocking your kitchen, making keto swaps for higher-

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carb ingredients, putting together a good soup or stew, and storing and reheating your creations. So grab a pot, a ladle, and some bowls and get cooking!

Soups on and these mouthwatering recipes brim with goodness. Acclaimed superfood chef Julie Morris has chosen 100 favorites packed with nutrient-dense and plant-based whole foods and boosted with such scientifically lauded superfoods as chia, medicinal mushrooms, turmeric, and kale. From a comforting Smoky Pumpkin Soup with Candied Seed Clusters, to an irresistibly inventive Watermelon Goji Gazpacho, to Cacao Black Bean Soup, every health-giving bowl delivers deeply nourishing and satisfying deliciousness."

Soothe your soul and boost your immunity with these easy and delicious soup recipes that incorporate Traditional Chinese Medicine. Combining the trends of culinary medicine and seasonal eating and adding a dash of Traditional Chinese Medicine (TCM), *Healing Herbal Soups* is the first book of its kind to focus on boosting immunity and weathering the seasons, by a mother-daughter, Chinese-American duo. Rose and Genevieve have been making Chinese herbal soups in their kitchens all their lives. They made broths to help their bodies adapt to the seasons, and now, for the first time, they're translating these traditional recipes—all of which have been vetted by Dr. Shiu Hon Chui, a preeminent TCM doctor, researcher, and professor—into English. *Healing Herbal Soups* provides a complete herbal encyclopedia and more than fifty tasty recipes—with full-color photographs—that mix herbs with meat and vegetables to create

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healing broths. These easy-to-follow recipes are here for you whenever you feel unwell, or if you're just looking to add healthy soups to your weekly meal rotation. Armed with an introduction to TCM and special sections on tea, ginger, and ginseng, as well, at last, you can feel less dependent on Western concoctions of drugs and chemicals, and start using traditional Chinese herbs right in the comfort of your own home.

Chef Rebecca Katz shares delicious, nourishing recipes for cancer patients, who often experience culinary ups and downs because of sudden dietary restrictions and poor appetite due to damaged taste buds from harsh treatments. Revised and updated with 10 new recipes, this second edition provides caretakers with a tangible way to nurture loved ones through easy-to-digest meals that offer maximum flavor while boosting the immune system.

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute

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skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!' Nourishing, restorative and comforting, bone broth is the concentrated meaty elixir with a clear, bright, essential flavour. It's a pick-me-up with curative powers that you can drink on the hoof and is good to go. And it combines the magic of prehistoric times with the scientifically proven nutritional benefits of our modern age -- it transcends cultures, generations and centuries. Whether you call it broth, bouillon or brodo, it's good for your health, your gut, your immune system, your bones, joints and skin, and is a simple route to enjoying optimum health and wellbeing. This innovative book explains why bone broth is so healthy and nutritious and how you can harness its essential goodness in your everyday diet. The delicious recipes can be used by people who are detoxing or following the Paleo Diet as well as the 5:2 Diet (especially on fasting days). All the broths, soups and stews featured are easy to prepare and do not require any specialist skills, making them accessible and user-friendly for even the most basic and inexperienced cook. With over 100 recipes for soups, stews and casseroles, risottos and sauces, each with a health-giving broth at its core, this is an essential guide to harnessing the curative powers of broth and improving your digestive health. Your body needs nutrient-dense foods to support its many complex functions, which also include the immune system. Nutrient-dense vegetables, fruit, grains, and traditional foods like broth have an abundance of vitamins and minerals that can help the immune system work

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properly and influence its response. Apart from being so yummy, soup is the number one option when it comes to healing meals. This book includes 50 healthy soup recipes like broths, cold soups, pasta soups, minestrone, and many other Italian soups. Although this is primarily a vegan soup cookbook, most recipes are easily turned into vegetarian soups. All soups are gluten-free, dairy-free, and refined sugar-free. As a bonus, you will find five amazing soup accompaniments, totally homemade but very easy to prepare. And as the cherry on the cake, or shall I say the garnish on the soup, all soups come with nutritional facts. This book includes: 50 Healing & Delicious Soups - all super easy to prepare 5 Soup Accompaniments Recipes - that will complement your soups Detailed nutritional information for every soup - including calories, protein, fat, carbs as well as vitamins, minerals, and other nutrients. Tips on how to serve each soup Suggestions on how to transform soups into sauces for pasta and lasagna A one-page list of the main ingredients needed to make the soups in this book

Eat your way to better gut health, increased energy and happier moods. The research is in and the facts are undeniable: the gut has an immense influence over our health - directly impacting immunity, weight, sleep, mood and overall wellbeing. Yet many of us race through life ignoring this incredible ecosystem, until something wakes us up. The good news is that healing and maintaining a healthy gut is not difficult or time consuming. This simple two-day maintenance plan is supported by deliciously nourishing recipes, handy tips and information to enable you to enjoy the countless benefits of a happy, healthy gut, for life.

Cassy Joy Garcia draws from her years of research and experience to deliver a roadmap to mastering her 'Four Pillars of True Health'. With over 150 gluten-free and Paleo-friendly recipes, a 28-day food and fitness plan, portion guides, program guides and supplemental

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online tools, Fed & Fit provides readers a foundation for lasting success. Joy's recipes were hand selected to complement each of 'The Four Pillars' and include step-by-step instructions, full-colour photos and personalisation guides to help you achieve your individual wellness goals.

“Highlights some of the most popular international recipes for vegetarian soup . . . makes a convincing argument for soup as the star course of any meal.” —Publishers Weekly No, there is no chicken stock in this soup. What you'll find here is page after glorious page of the loveliest, most delicious soups and stews—each and every one entirely vegetarian. Brimming with international flavors, Paulette Mitchell's easy-to-follow recipes are paired with unique accompaniments, garnishes, and toppings that add tremendous visual appeal. Witness hearty Pumpkin Stew baked and served in a pumpkin shell; classic onion soup updated with crunchy goat cheese toasts; and Spicy Sweet Potato Ancho Bisque swirled with bright Roasted Red Pepper Cream. From Mediterranean Saffron Stew to Greek Spinach and Orzo Soup, these colorful dishes are simple enough for every day, yet sophisticated enough for elegant dinner parties. Instructions for making tasty vegetable stock from scratch, a selection of delicious vegan soups, and a helpful “tips” section make this gorgeous cookbook an important addition to any kitchen where good food and good health are on the menu. “Any comment on how this book suits the season would only be redundant. The latest cold wind is reminder enough, as you can just about hear it whisper: ssssssooooooup.” —The Baltimore Sun “The recipes in this cookbook span the culinary globe, with flavor profiles drawn from Mexico, Morocco, Mumbai, and Minnesota. For vegetarians, vegans, and omnivores, A Beautiful Bowl of Soup presents new ideas you're sure to enjoy.” —Soup Chick®

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Heal yourself of nasty food intolerances and nourish your body by starting with your gut! Heal Your Gut is a beautifully designed and photographed step-by-step protocol for restoring your inner gut health, via a treatment program and detox regime--supported by 90 anti-inflammatory recipes to heal and nourish. Whether you're suffering from a health issue aggravated by diet and a poorly functioning digestive system, or whether you have an autoimmune or digestive disorder, food allergies or intolerances, IBD, IBS, Crohn's disease, celiac disease, leaky gut, inflammatory issues, thyroid problems, neurological disorders, obesity, diabetes, arthritis or fibromyalgia, this book will provide you with information, meal plans, and anti-inflammatory recipes to really heal your gut and get you back on track with your health. By following the protocol you'll feel more vibrant and alive, and have energy to burn. This book isn't just another fad diet: it contains recipes that have been specifically created to heal and also deliver vital nutrients, vitamins, and minerals to get your body systems functioning optimally.

First there was juicing, then souping--now, there's spicing! When it comes to food trends, there's nothing hotter. Everyone is talking about the powers of spices, not just for boosting flavor, but for boosting nutrition as well. For thousands of years, spices such as cayenne, turmeric, and cinnamon have been appreciated for their medicinal properties. They're uber-concentrated sources of antioxidants and phytochemicals, which offer a plethora of health benefits. Power Spicing is your primer to demystifying the healing powers of spices and their ability to fight inflammation, burn fat, protect your organs, and boost your metabolism, all while enjoying flavor-packed dishes for every meal of the day.

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