



Quick & Healthy: Recipes for Vibrant Living

Dr Julian Whitaker M.D., Whitaker Wellness Institute Nutrition Team

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Good nutrition is the cornerstone of optimal health--feeling good and looking good. In this title, Dr. Whitaker has put together a time-tested cuisine that will promote the wellness and energy you need to enjoy life.

Unlike extreme regimes that call for restrictions of a certain food group (fat in some cases, carbohydrates in others), the recommended recipes in this book are pretty "normal." There are no specific items you have to eat in abundance, nor is anything completely off-limits forever. An occasional indulgence is good for the soul! As the reader has access to his own personal favorites among a variety of fresh, tasty, nutritious foods, it is easy to make this cookbook a mainstay.

In fact, Dr. Whitaker does not like to call his nutrition program a "diet." The word smacks of deprivation and misery. Let's think of it instead as a lifelong nutrition program of fresh, wholesome, mostly unprocessed foods that contribute to health and vitality, and leave you feeling satisfied at the end of each meal.

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Susan Crowell:

A lot of people always spent all their free time to vacation as well as go to the outside with them family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a reserve. The book Quick & Healthy: Recipes for Vibrant Living it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the particular e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too costly but this book features high quality.

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