



The Medicinal Chef: The Power of Three: The 3 nutritional secrets to a longer, healthier life with 80 simple recipes (Hardback)

By Dale Pinnock

Quadrille Publishing Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. In this brand new cookbook, The Medicinal Chef explains the secret to staying healthy, happy and energized - not just now but for the rest of your life. Forget fussy, faddy diets forever. By following three basic principles - mastering blood sugar, fatty acids and nutrient density - you can boost your wellbeing and make a long-term change to your health. Dale Pinnock, bestselling author and nutritional expert, has devised 80 recipes and guiding principles that will minimize your chance of being affected by some of the diseases that are becoming epidemic, such as diabetes, heart disease, obesity and cancer. The recipes are straightforward, easy to follow and are made with easy to-find ingredients - and taste so good that this will become your go-to book for healthy, satisfying meals for every occasion.



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