

# HEALING GOURMET<sup>™</sup> Eat to Lower Cholesterol

*Power Foods that Help You Regain Your Health*



Includes  
50 Heart  
Healthy  
Recipes

THE EDITORS OF HEALING GOURMET WITH  
Victoria Rand, M.D., Kathy McManus, M.S., R.D.,  
and John Carlino, C.E.C.

# Healing Gourmet Eat To Lower Cholesterol

**Sabine Zange**



## **Healing Gourmet Eat To Lower Cholesterol:**

**Healing Gourmet Eat to Lower Cholesterol** Victoria Rand, Kathy McManus, Bev Shaffer, 2006 Focuses on lowering cholesterol and includes delicious healthy recipes and three weeks of meal plans *Healing Gourmet, Eat to Boost Fertility* Victoria Rand, Melissa Ohlson, Bev Shaffer, 2006 Healing Gourmet Eat to Boost Fertility features a shopping guide 50 recipes and three weeks of meal plans Additional recipes and meal plans will be available on healinggourmet.com Healing Gourmet Eat to Beat Diabetes Paresh Dandona, Melissa Ohlson, Ana Machado, 2005-10 With this complete nutritional guide you ll learn how to monitor your diabetes and modify your lifestyle with all natural meal plans and healing foods that you find in your local market How to Lower Your Cholesterol with French Gourmet Food Alain Braux, 2009-08-08 The secret to living truly living and not just existing starts with us We are what we eat if we want optimum health body and mind It is a choice Despite the steady growth of healthcare professions we as a society continue to become more ill due to over processed and bioengineered foods yet the answer is so simple So basic The answers are in this book Chef Alain Braux will not only guide you how to achieve a healthy mind and body but his delicious and nutritious recipes can also help heal the body with joyous food His book will lead to lower cholesterol renewed energy and vitality that you thought you lost If you buy one book on how nutrition and good food can change your life this is it Kim Stanford Co Author of Gluten Freedom Chef Alain Braux is a French certified chef and a nutritherapist a nutritionist that helps his clients with assorted food allergies live a normal life through healing foods recommendations *Healing the Female Heart* Elizabeth Ross, 1996-01-01 From Elizabeth Ross MD and Judith Sachs comes a comprehensive guide for women that shows how to take a holistic approach to preventing and recovering from heart disease *Cooking for Healthy Healing: Healing Diets* Linda Page, 2002 You will discover the healing secrets of different kinds of foods for example fruits vegetables and chlorophyll how they cleanse your body and heal health problems green superfoods and medicinal mushrooms how they work for faster healing herbs and sea greens how they help the body remain in balance spices and herbs how they boost thermogenesis to burn calories for hours Also includes complete nutrient value reference sections for food herbs and nutrients and a complete section dedicated to the importance of organic foods There are over 80 complete healing diets and programs from allergies to childhood disease control to recovery after radiation and surgery each detailed programme shows how to develop the healing diet and then refers to the easy to use recipes in Cooking For Healthy Healing Book Two The Healing Recipes Healing Heart Diseases Naturally DR. DAYAL MIRCHANDANI, 2012-11-15 This book reveals the personality trait that puts you at highest risk and how to change it how to use self hypnosis and imagery in healing your heart how to stop smoking permanently with little or no discomfort how to find meaning and joy in life besides other practical techniques to reverse heart disease v publishers **An A-Z Guide to Healing Foods** Elise Marie Collins, 2010-01-01 Find foods that fill you with a sense of well being and benefit your body with this alphabetical cross referenced guide Fantastic Christiane Northrup MD 1 New York Times bestselling author of Women s

Bodies Women s Wisdom Filled with scientific information natural remedies and modern wisdom this concise reference is for anyone confused by all the nutritional claims out there How do you separate real benefits from marketing hype What is a superfood anyway Alternative health expert Elise Collins has compiled a compact yet comprehensive list of hundreds of healing foods their vitamin and mineral content and what they do to promote health prevent disease and decrease symptoms of illness Arranged alphabetically and complete with a cross reference for what s best to eat for specific ailments this guidebook is designed to be as convenient as a shopping list Included are preparation tips and recipes to make this the ultimate tool for joyful eating and radiant health Encyclopedic information on the nutritional medical and holistic benefits of foods Dana Jacobi author of 12 Best Foods Cookbook      **The Healing Foods** Patricia Hausman,Judith Benn

Hurley,1992-03-01 The Healing Foods is a guide for everyday living and the fastest way to understand how the foods you eat can help to heal and help you remain healthy There s a healing food for almost every common health problem from colds stress insomnia and high blood pressure to more complicated illnesses and most are as close as your local grocer Healing Foods is an indispensable guide to choosing the best foods for an active life a bright and friendly market of knowledge that makes the time you spend at the dinner table an investment in spirited living In beautiful colour it also highlights health giving foods and their nutritional and medicinal benefits Information on buying storing and preparing healing foods is clearly listed and each item from pineapples and chilies to almonds and apricots is linked to delicious easy to prepare recipes from around the world A questionnaire helps you assess your diet and general health to pinpoint problem areas while a section on ailments and treatments makes it easy to address individual concerns Fully indexed illustrated throughout in full colour Healing Foods is a goldmine of information and recipes to treasure      **The Green Pharmacy Guide to Healing Foods**

James A. Duke,2009-06-23 Upon its publication more than a decade ago Dr James Duke s The Green Pharmacy quickly set the standard for consumer herb references A favorite of laypeople and professionals alike the book sold more than a million copies and solidified the author s reputation as one of the world s foremost authorities on medicinal plants In The Green Pharmacy Guide to Healing Foods Dr Duke turns to the broader and even more popular subject of food as medicine drawing on more than thirty years of research to identify the most powerful healing foods on earth Whether he is revealing how to beat high cholesterol with blueberries combat hot flashes with black beans bash blood sugar spikes with almonds or help relieve agonizing back pain with pineapple Dr Duke s food remedies help treat and prevent the whole gamut of health concerns from minor such as sunburn and the common cold to more serious like arthritis and diabetes Dr Duke has assigned a rating to each remedy according to his evaluation of the available scientific studies and anecdotal reports Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals minus the risk and cost      **Joyce in the Belly of the Big Truck; Workbook** Joyce A. Cascio,2005-05      *Cooking for Healthy Healing*

Linda Page,2002 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

**The Healing Kitchen** Ellen Michaud, Anita Hirsch, 2005-12-11 More than 350 ways to unlock the curative powers of foods are presented in this down to earth guide to physical well being Backed by scientific studies the pragmatic tips can turn any kitchen into the preventative and healing center of the home Organized by how foods are stored such as the Tea Tin the Vegetable Bin the Breadbox and the Freezer cutting edge information on 120 different foods is presented From information on virus fighting apricots and natural anxiety relieving tea to stomachache quelling honey and natural cleaning products this reference explains why and how these everyday ingredients heal the mind body and spirit Consumer oriented information on buying storing and using each food is offered as well as 165 recipes that detail simple and delicious ways to create a healthy diet using these powerfoods

**Healing Mushrooms** Georges M.

Halpern, 2013-03-06 This easy to use guide begins by describing how ancient cultures utilized mushrooms to combat disease It then explains how modern science has refocused its attention on the healing properties of mushrooms and along the way discovered wonderful new properties Included are chapters that examine the folklore health benefits and culinary uses of mushrooms including detailed instructions for buying storing and using eight major varieties of this marvelous medicinal

The Healing Powers of Herbs and Spices Cal Orey, 2020-12-29 Boost your immune system with antioxidants lower your risk for the flu cancer diabetes heart disease and more with ordinary everyday ingredients you can find at home and make healthy green choices in today's fast changing world Anise bay leaf garlic parsley turmeric and more for thousands of years herbs and spices have been praised for preserving and flavoring food as well as preventing and curing illnesses The latest research reveals that the seasonings already in your pantry or easily found fresh in your supermarket or garden can lower your risk for cancer heart disease and obesity This A to Z guide catalogues the most popular and versatile herbs and spices drawn from the Mediterranean Diet but suitable for any diet plan You will learn how to harness herbalism to heal your body and mind Discover how to use nature's gifts including allspice chives fennel oregano pepper tarragon saffron and special blends like Herbes de Provence to Bring abundant zest to your table while lowering your cholesterol balancing your blood sugar and revving up your metabolism at any age Ward off colds and flu banish a hacking cough and even ease PMS or menopause woes by adding tasty plant therapy to your favorite food or drink Lessen your anxiety and boost your mood with aromatic natural ingredients found in dried and fresh flavorings Soothe aches and pains without harmful side effects and trigger feel good endorphins using sweet and savory garnishes including edible flowers Create in home spa treatments using the same herbal potions featured at luxury spa resorts Caraway Breadsticks anyone How about Cilantro Lime Slaw Herbal Greek Bean Soup or Roasted Paprika Cornish Hens With over 50 taste tempting recipes along with personal stories and fascinating historical anecdotes on medicinal uses dating back to biblical times The Healing Powers of Herbs and Spices is your go to guide to embracing limitless energy and healthy longevity while feasting on memorable meals full of aroma and

deliciousness Includes 16 pages of color photos      Food and Healing Annemarie Colbin, 2013-01-30 Yes you are what you eat For everyone who wonders why in this era of advanced medicine we still suffer so much serious illness Food and Healing is essential reading An eminently practical authoritative and supportive guide to making everyday decisions about eating that can transform our lives Food and Healing is a remarkable achievement Richard Grossman Director The Health in Medicine Project Montefiore Medical Center Annemarie Colbin founder of New York's renowned Natural Gourmet Cookery School and author of The Book of Whole Meals argues passionately that we must take responsibility for our own health and rely less on modern medicine which still seems to focus on trying to cure rather than prevent illness Eating well she shows is the first step toward better health Drawing on an impressive range of thinking from Eastern philosophy to current medical journals Colbin shatters many myths not only about the Standard American Diet but also about some of the quirky and unhealthy food fads of recent years What emerges is one of the first complete works on How food affects our moods The healing qualities of specific foods The role of diet in preventing illness How to tailor a diet approach that is right for you I recommend it to my patients It's an excellent book to help people understand the relationship between what they eat and how they feel Stephen Rechtstaffen M D Director Omega Institute for Holistic Studies Have a look at this important well thought out book Bon Appetit      Healing Foods For Dummies Molly Siple, 1999-11-18 You must know by now since you've heard it at least a million times since kindergarten that eating too much junk food and other poor quality empty calorie foods will make you look and feel lousy and ruin your health And you also know that eating a balanced diet will help keep you healthy and looking good But did you know that there are foods that actually heal Harassed by hay fever Try garlic or onions or if you prefer something sweet try papaya or pineapple Bugged by dermatitis Broccoli and kale can stop the itch so can salmon and tuna For earaches you might try ginger walnuts onions or papaya And chili peppers are great for relieving the symptoms of bronchitis The delicious way to better health Healing Foods For Dummies puts the treat back in treatment Packed with shopping tips cooking tricks and more than 60 scrumptious recipes this bountiful guide shows you how to Harness the healing power of ordinary foods Know which foods to avoid for specific problems Help reduce the risk of cancer stroke and heart attack Relieve the symptoms of common ailments Fight off fatigue and improve your mood Get your family eating right Guided by crack nutritionist and bestselling author of nutritional guides and award winning cookbooks Molly Siple you'll discover hundreds of healing foods and the vitamins minerals and therapeutic phytochemicals they contain From alfalfa to zucchini she describes an array of best nutritional remedies and she supplies Easy to follow instructions on how to shop for healthy good tasting foods A Symptom Guide simple and easy nutritional remedies for more than 80 common conditions listed alphabetically by symptom An A to Z guide to 100 healing foods available at your neighborhood supermarket More than 60 recipes for easy to prepare healing appetizers beverages breads breakfasts condiments and seasonings dairy foods desserts and more This friendly caring and accessible introduction to the world of healing foods medicine is a fun fact filled

resource for anyone looking for a safe easy to use alternative or supplement to conventional medicine and who looks forward to a long healthy life     *Healing Spices* Bharat B. Aggarwal, Debora Yost, 2011-01-04 Breakthrough scientific research is finding that spices even more than herbs fruits and vegetables are loaded with antioxidants and other unique health enhancing compounds Studies of dietary patterns around the world confirm that spice consuming populations have the lowest incidence of such life threatening illnesses as heart disease cancer diabetes and Alzheimers Bharat B Aggarwal the worlds foremost expert on the therapeutic use of culinary spices takes an in depth look at 50 different spices and their curative qualities and offers spice prescriptions categorized by health condition to match the right spice to a specific ailment

**Healthy Healing** Linda Page, 2004-09 The Ultimate Resource For Improving Your Health Naturally Over 1 million copies sold In its first edition nearly 20 years ago Dr Linda Page s book Healthy Healing was the only one of its kind Now updated and expanded Healthy Healing is still the easiest to use bestselling natural health reference book on the market Customize your own personal healing program using natural therapies for more than 300 ailments through diet whole herb supplements and exercise Live Longer feel better and look better naturally     Healthy Healing Linda G. Rector-Page, 1998 The latest information on preventive therapies and natural healing Over 1 2 million copies sold

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