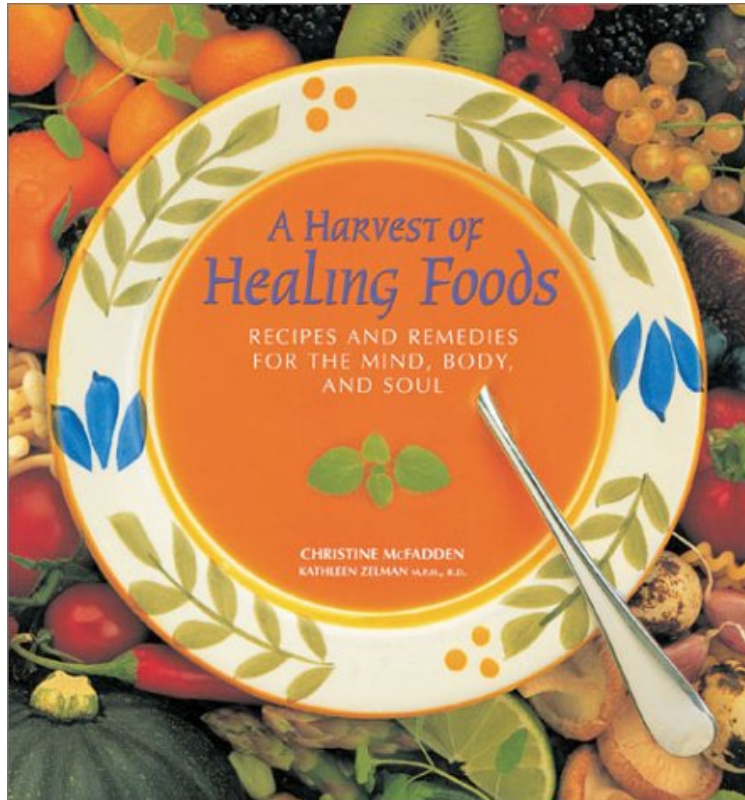


(Free download) A Harvest of Healing Foods: Recipes and Remedies for the Mind, Body and Soul

# A Harvest of Healing Foods: Recipes and Remedies for the Mind, Body and Soul

*Christine McFadden, Kathleen Zelman*  
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**Christine McFadden, Kathleen Zelman : A Harvest of Healing Foods: Recipes and Remedies for the Mind, Body and Soul** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Harvest of Healing Foods: Recipes and Remedies for the Mind, Body and Soul:

0 of 0 people found the following review helpful. Great Education and super recipes!By Sue HoltThis book gives excellent information about the different foods and their healthy effects for our bodies. The recipes are simple, quick to prepare and very good tasting.4 of 4 people found the following review helpful. Very nice selection of healthy dishes with ethnic touchesBy T. ReinhardtThis was given to me as a gift. It isn't the kind of cookbook I would normally grab off the shelf... But it is a quite beautiful cookbook in a quiet and gentle sort of way. The spicing to me seems to slant towards the asian in some recipes, the tex-mex in others and indian in others. So there is a nice balance. The beginning is an intro to heathy eating with a more holistic approach...not nutrition per se...but integrating your diets with relaxation, energy, diets of the world, etc. A nice change from rants about sodium intake.The chapters are nicely titled. Breakfasts are called \*gentle awakenings\* Nice ambiance, if you ask me. The only place that this didnt work for me was with the vegetarian chapter... which was titled \*kind cuisine\*...I was put off by this. I like vegetarian cuisine. eat it alot...but I also eat meat and I'm guessing that is \*un-kind cuisine\*? That bothered me...I can see that

slant working in an all vegan cook book but in a mixed-marriage cook book, it seemed out of place. So far I have tried Sea vegetable, carrot, snow peas and rice noodles (gotta love that sea weed!) and a few things I rarely try...beverages. Lime flower tea (WOW!)...and hot cider vinegar with honey (dont know what possessed me, but i loved it). There are many color pictures in this book of prepared items and they are very attractive in a healthful looking, not food stylist sort of way. Very nice. The book is more square than flat and is a paperback. The cover is wipe-able and the pages are more wipe-able than the usual paperstock...more on the glossy side than not (BRAVO!). The font is a bit small and a bit light for my tastes... I think if they made it bolder or darker there would have been a read-thru problem to the next page... It lies flat (EXCELLENT!) There are some tasteful drawings and graphics through out this book. Nothing that detracts from the lovely photos, nothing garish. Thankfully, no cartoon tofu running from the happily confused house wife..... Overall this is a very nicely constructed cookbook. Very classy, with some excellent recipes. Perhaps not for a \*brand new\* cook...but not over complex either... A nice mix of vegetarian (kind) cuisine and meat (un-kind) cuisine...

Harness the therapeutic powers of food. Far more than a cookbook, this beautifully photographed guide will help you optimize your health--deliciously. More than 60 delectable recipes satisfy a wide variety of tastes and needs, and include tasty appetizers, entrees for vegetarians as well as for meat eaters, side dishes, drinks, and desserts. Start off your day with a hearty breakfast of Buckwheat Pancakes. Get a lift at lunchtime from Black Bean and Roasted Tomato Soup. For a nutritious snack, try a Chocolate, Cranberry, and Walnut muffin. Plenty of sidebars offer cooking tips as well as information on various ingredients. An extensive directory describes types of nutrients and their sources as well as presenting the healing qualities of various foods, along with advice on buying, storing, and preparing them.