

The Eye and Nutrition


Lucio Buratto MD


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Lucio Buratto MD : The Eye and Nutrition before purchasing it in order to gage whether or not it would be worth my time, and all praised The Eye and Nutrition:

Find the recipes for healthy eyes within the pages of The Eye and Nutrition by Dr. Lucio Buratto. A healthy diet is fundamentally important for the body in general and for good vision in particular. Like every other structure in the body, the eye must be nourished with the correct nutrients and in the correct amounts, in order to perform optimally. A healthy diet can also reduce the appearance of cataracts and age-related macular degeneration, as well as contribute to the prevention of many ocular diseases. With gorgeous photos, The Eye and Nutrition is a unique book that provides scientific information along with culinary recipes to produce an interesting mixture of science and excellent cuisine. The first and second parts of this engaging book by Dr. Lucio Buratto contain a detailed description of the optimal diet for the eye, metabolism of the eye, and an analysis of the basic nutrients for good vision. The third part of The Eye and Nutrition is a series of delicious recipes that will provide the eye with all the nutrients and micronutrients it requires. The Eye and Nutrition is a delectable book to have on ones coffee table, by your side in the kitchen, to give as a gift, and in waiting rooms. This tasty book contains the following sections: Snacks Risotto Pasta Soups Meat Fish Vegetables Meat sauces and pasta condiments Fruits Juices, shakes, and smoothies Desserts Some appetizing recipes that are sure to please the palate: Bruschetta with tomato Risotto with strawberries Penne pasta with Mediterranean garden vegetables Cream of Belgian endive lettuce soup Filet of beef in balsamic vinegar Swordfish, salmon or tuna tartare Lemon sauce for poached fish Ophthalmologists will not be the only ones to enjoy this book. It is perfect for anyone interested in healthy living and being on the road to optimal eye health. Bon Apptit!

"Indeed this book simply takes the prize of the most beautiful I have ever reviewed in this section. The design is crisp, uncluttered, and clear. The book is a joy to read and to handle. As readers of this column will know, I usually recommend a book for a particular group - medical students, trainee ophthalmologists, general practitioners, practicing specialists or subspecialists. In this case, the target market is surely everyone." Seamus Sweeney, EuroTimes, Dublin, Ireland