



101 Optimal Life Foods

By Grotto, David. Williams, Montel, Foreword by.

Bantam. 1 Paperback(s), 2010. soft. Book Condition: New. Rather than reciting a litany of evils in the American diet, nutritionist David Grotto here prescribes everyday foods that can help remedy nutrition and health issues. From headaches to joint pain, acne to anxiety, Grotto addresses 30 of the most common health issues, explaining, for example, how chocolate, tea, and dried plums reduce the signs of aging skin; combining walnuts and cherries can lead to the best sleep of your life; and artichoke leaves bring relief from common stomach ailments. He also provides meal plans for incorporating healing foods into your own diet, with such recipes as Cherry Zinger Smoothie, Tropical Fruit and Shrimp Gazpacho, and Mediterranean Grilled Bluefish. "For the millions of Americans tired of hearing about 'what not to eat,' this book is a refreshing and enlightening guide to improving your health by adding delicious foods to your diet. Dave's simple explanations for why these foods are potential 'life savers' makes the book enjoyable to read, and the recipes bring the science to life on your plate." Cynthia Sass "This book gives you 'food for thought' about ways to use food to aide digestion, decrease inflammation and even improve your mood. Dave...



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