



The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals

Jane Kinderlehrer, Daniel A., M.D. Kinderlehrer

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Here are 150 family- and kitchen-tested recipes, each packed with antioxidants to nutritionally protect you against cancer and disease-causing free radicals—without sacrificing variety or flavor. Emphasizing the benefits of antioxidant-rich foods high in vitamins C, E, and A, as well as selenium and beta-carotene, these delicious recipes will:

- enhance your immune system
- strengthen your bones
- build up your resistance to viral attacks, infections, even allergic reactions reinvigorate your love life
- help you overcome fatigue
- keep your blood sugar on an even level
- and much more.

The introduction by Dr. Daniel Kinderlehrer explains in clear, plain language the often-confusing terms *free radicals* and *oxidation*, then goes on to detail the many medical benefits of antioxidants and the ingredients found here. These include providing protection against a variety of cancers, Alzheimer's disease, immune disorders, arthritis, diabetic conditions, and the complications of aging.

Separate chapters include recipes for jump-start breakfasts; tasty appetizers, side dishes, and snacks; sumptuous soups and stews; satisfying vegetarian meals; hearty main courses featuring chicken, fish, or meat; flavorful dressings, dips, spreads, and vinaigrettes; and tempting desserts.

This useful cookbook also features a valuable section on stocking your pantry—"What to Stash and What to Trash"—loaded with healthy advice to guide you at the supermarket and when choosing foods. Also included is a glossary of some of the major antioxidants found in food. With recipes low in fat and calories, high in fiber and nutrients—with no white flour, hydrogenated fats, or chemical additives—this collection is a must-have for every cook concerned with eating healthfully, preventing disease, and living a longer life.

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Sharon Lopez:

The reason? Because this The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who else write the book in such wonderful way makes the content on the inside easier to understand, entertaining way but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of advantages than the other book possess such as help improving your talent and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

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The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to place every word into joy arrangement in writing The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals but doesn't forget the main point, giving the reader the hottest and based confirm resource facts that maybe you can be certainly one of it. This great information can easily drawn you into brand-new stage of crucial imagining.

Natalie Althoff:

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