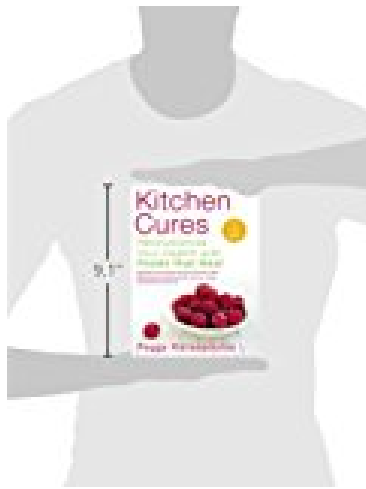


[PDF] Kitchen Cures: Revolutionize Your Health With Foods That Heal

Peggy Kotsopoulos - pdf download free book



Books Details:

Title: Kitchen Cures: Revolutionize
Author: Peggy Kotsopoulos
Released: 2013-08-21
Language:
Pages: 368
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Description:

From The high cost of health care and health insurance along with preferences for alternative treatments inspire people to try DIY approaches involving improved nutrition and healing foods. In this “complete solutions” guide touting foods to alleviate routine maladies, Kotsopoulos, of the television show Peggy K’s Kitchen Cures, provides stressed, tired readers lacking libido and lustrous hair scientific, food-based solutions complete with diagrams and boxed tips throughout, along with 40 gluten-free recipes. There is also a section devoted to DIY beauticians’ aids for body, face, and hair: fruit, nut, and coffee-based scrubs; citrus-based exfoliants; and hair care involving avocados, egg, and honey. Kotsopoulos also links food and mood (B-vitamins in bananas, almonds, and asparagus for mood-boosting energy); food and

weight (shellfish, eggs, and cayenne pepper help support thyroid function); and food and health (anti-inflammatory nutrients in fish and walnuts for pain). With listings of resources and references, end notes, and an index, Kotsopoulos' guide is comprehensive and mainstream. --Whitney Scott

Review

Praise for Must Have Been Something I Ate

(self-published by author)

"This book has so much useful information, and you don't feel like you're being preached at or bombarded with "you should do this, you should do that" lines." --
www.ohonemorething

"The book isn't preachy. It isn't judgmental. But more importantly, it isn't intimidating...Like the author, the book is light-hearted and humorous. Peggy is able to simplify the complicated world of healthy living into an easy to understand and easy to read guide."—www.lifebyfoodiewife

"The book is...absolutely FANTASTIC!! For anyone who is looking for an overview on why eating an All Natural Diet rocks the socks off of your life and your beauty, you will need to pick up this book.... " -www.iheartwellness.com

"When I read books, there are a few things I look for: Unique and fresh. Easy and fun to read. Useful. Gives you tools to bring new ideas into your life/not preachy. This book holds all of these qualities."

--www.efkatelyn.com

"...I could not put this book down! Peggy's writing is so fluid and relaxed! You almost feel as if the two of you are having a little "girl chat" over a cup of coffee."

--www.kissmybroccoliblog.com

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