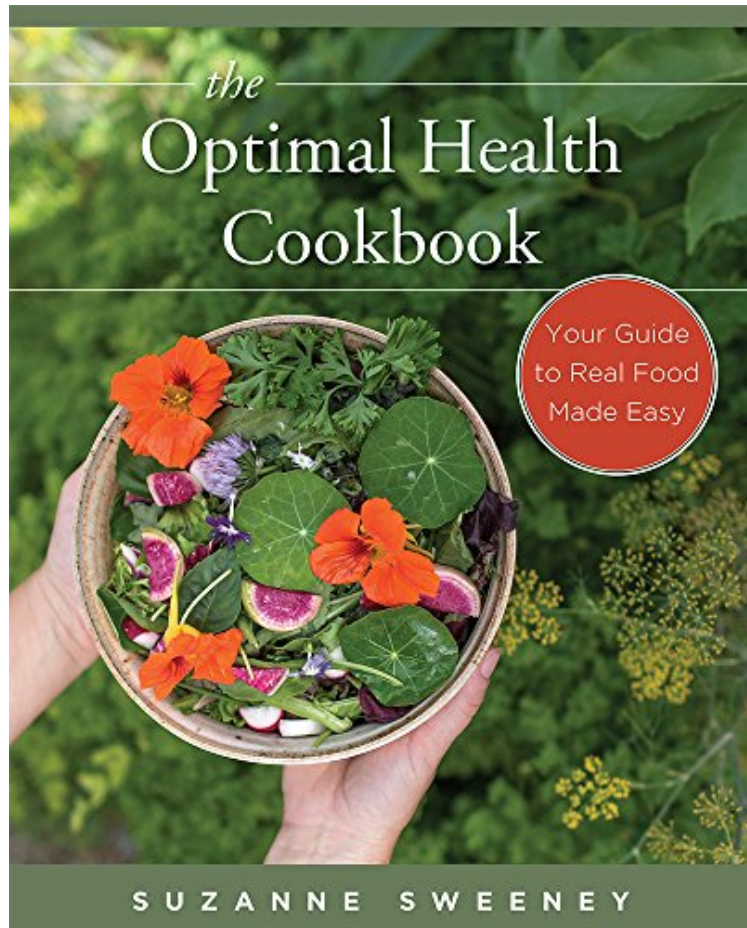


# The Optimal Health Cookbook: Your Guide to Real Food Made Easy

Suzanne Sweeney

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#1741004 in Books 2016-04-15Original language:EnglishPDF # 1 9.50 x .40 x 8.001, .0 #File Name: 1599326442204 pages | File size: 71.Mb

**Suzanne Sweeney : The Optimal Health Cookbook: Your Guide to Real Food Made Easy** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Optimal Health Cookbook: Your Guide to Real Food Made Easy:

1 of 1 people found the following review helpful. Excellent guidelines for healthy lifestyle.By CustomerThis is a well researched book with delicious, easy to prepare recipes for the busy mom or dad. Suzanne's knowledge and extensive education in the field of nutrition instructs you in an easy to follow manner how to maintain a healthy diet. It teaches you about the foods that may be keeping you from your OPTIMAL HEALTH. This cookbook is a must for helping maintain a healthy lifestyle for the entire family.0 of 0 people found the following review helpful. The recipes are easy to prepare and accommodate a busy 9-5 scheduleBy CustomerA must-have for anyone who enjoys delicious, healthy food! The Optimal Health Cookbook offers a range of recipes, from traditional meals to unique creations--including

breakfasts, snacks, and desserts. The recipes are easy to prepare and accommodate a busy 9-5 schedule. There is even a section of the book dedicated to helping readers better understand certain ingredients and how they can have different effects on different people. Overall, a fun balance of yummy food and educational tidbits to help kickstart or maintain a healthy lifestyle in the kitchen. 1 of 1 people found the following review helpful. Good Food, Good Advice, Good Health By D. Andrews Nice book, really nice book. Not authoritative, preachy, or opinionated. A pleasant sharing of what this author has learned in a life filled with study of many different Health related formats. Good information, over 100 recipes for easy to make, healthy to eat and yummy, yummy, yummy meals. Veronica Andrews Host "Off the Shelf-Books on Tour" DCAT Denver's Mass

Achieve optimal health with simply and deliciously prepared food. A great meal does not have to be complex. Suzanne Sweeney has hit the target for those who don't have much time to spend in the kitchen preparing food, as well as embraced the creative nature of those who do. With many of the recipes only requiring thirty minutes or less and each recipe labeled to address a variety of food intolerances, this book is the ultimate tool to gain control of your health. The perfect diet is not one-size-fits-all, but rather, it should yield to your body, mind, and spirit and only you know best. In this book, you will learn how to: Test for food intolerance at home and create suitable recipes Cook by intuition according to your body's physiology and needs Eat gluten-free naturally, using whole food Don't let cooking be daunting. Know that by implementing the ideas and recipes presented in this book, you will be cooking healthy and delicious meals for yourself and your family in no time.

About the Author Suzanne Sweeney graduated from Boston College with a BA in mathematics. She is a CHEK Institute trained professional, Reiki Okuden (3rd degree), mom, martial arts student, water sports enthusiast, cook, and founder of Energize Body Mind, LLC. Suzanne worked in the biotech industry for twenty years but began to feel a pull to pursue her other passion: helping others attain optimal health and well-being through diet, movement, relaxation, and lifestyle coaching. Suzanne's food journey originated with home-cooked meals prepared by her Italian-American mother. Her love for cooking and eating flourished, even after several dietary changes. Suzanne now coaches clients one-on-one and provides public seminars.