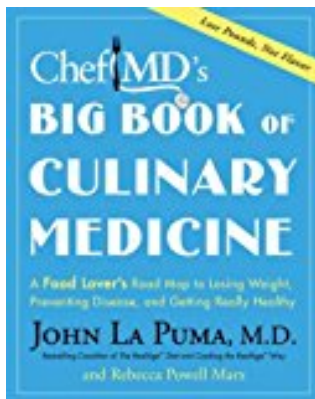


[PDF] ChefMD's Big Book Of Culinary Medicine: A Food Lover's Road Map To Losing Weight, Preventing Disease, And Getting Really Healthy

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Description:

Review "John taught me how to cook and how to make healthy food taste terrific. Get this book and he'll share that brilliant wisdom and practical advice with you. Your body and your taste buds will thank you for it."

— Michael Roizen, M.D., Chief Wellness Officer of the Cleveland Clinic and coauthor of four #1 *New York Times* Bestsellers, including *YOU: Staying Young*

"Dr. La Puma brings to your table a rare combination of medical experience and culinary skills. Anyone's health and meals will both benefit by reading this book."

—Walter C. Willet, M.D., Chair, Department of Nutrition, Harvard School of Public Health

"Through the culinary wizardry of Dr. John La Puma, not even your taste buds will know that you're eating 'good for you' food. You can live well--and long--with his guidance."

—Mehmet Oz, M.D., Author of *YOU: Staying Young* and *YOU: The Owner's Manual*

"Every one of us has an internal doctor, a natural inner leader, that can keep us healthy. Dr. La Puma teaches you how to eat the right food so your inner doctor can do its work. Learn how to eat well and feel well at the same time. "

—Jack Canfield Co-author of the *Chicken Soup for the Body and Soul*®

"John La Puma has a way of bringing the science and pleasures that should come from healthy eating together on the same plate. As a fascinating blend of both chef and physician, his passion and talent come through with practical and enticing tips on how to shop, cook, and eat. In this engaging book, he shows us that healthy food can be both good for you and bring delicious pleasure to our lives."

—Jesse Ziff Cool, Author, Restaurateur, and Advocate of Sustainable Agriculture

From the Hardcover edition.

About the Author JOHN LA PUMA, M.D., appears regularly on "What's Cookin' with ChefMD?" which can be seen on Health Corner, airing on Lifetime. He is the coauthor of the bestselling *Cooking the RealAge Way* and *The RealAge Diet*, and contributed recipes to the *New York Times* bestseller *YOU: The Owner's Manual*. The first physician to teach cooking and nutrition in a U.S. medical school and graduate from the Cooking and Hospitality Institute of Chicago, he has cooked under star chef Rick Bayless in the four-star kitchens of Frontera Grill and Topolobampo. Dr. La Puma is medical director for the Santa Barbara Institute for Medical Nutrition and Healthy Weight. Visit his award-winning website, www.ChefMD.com.

REBECCA POWELL MARX is a ChefMD partner, a medical television producer, and a journalist. Ms. Powell Marx is a 2007 International Health and Media FREDDIE Award winner for the ChefMD website.

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