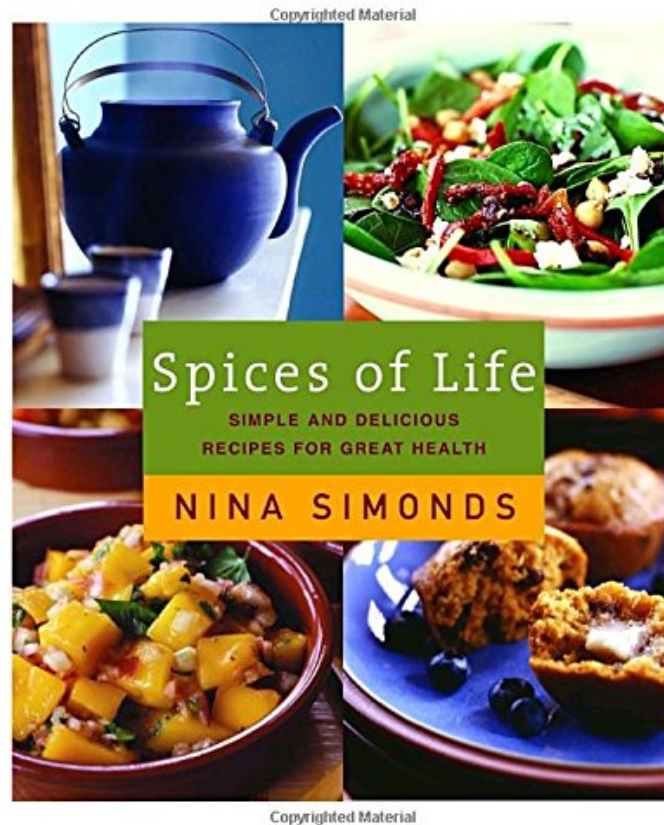


(Download) Spices of Life: Simple and Delicious Recipes for Great Health

## Spices of Life: Simple and Delicious Recipes for Great Health

*Nina Simonds*

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**Nina Simonds : Spices of Life: Simple and Delicious Recipes for Great Health** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Spices of Life: Simple and Delicious Recipes for Great Health:

In this groundbreaking cookbook, Nina Simonds offers us more than 175 luscious recipes, along with practical tips for a sensible lifestyle, that demonstrate that health-giving foods not only provide pleasure but can make a huge difference in our lives. With her emphasis on the tonic properties of a wide variety of foods, herbs, and spices, this book also brings us up to date on the latest scientific research. In every recipe dash; gathered from cultures around the world in which good eating is a way of life dash; Simonds gives us dishes that are both irresistible and have a positive effect on one's well-being. For example: -Cardamom, a key digestive, subtly seasons her Steamed Asparagus with Cardamom Butter. -Cinnamon, which strengthens the heart and alleviates nervous tension, adds spice to her Fragrant Cinnamon Pork with Sweet Potatoes. -Basil has long been used as a healing salve and in teas. So who wouldn't feel rejuvenated by a delicious bowlful of Sun-Dried Tomato Soup with Fresh Basil? -Peanuts, which fortify the

immune system and lower cholesterol, provide a tasty, crunchy accent in Sichuan Kung Pao Chicken.-Mint, which has many healing properties, from taming muscle spasms to dissolving gallstones, can be relished in Minty Snap Peas accompanying Pan-Roasted Salmon or in a Pineapple Salsa served with Jerk Pork Cutlets.-And peaches give us vitamin C, beta carotene, and fiber. So enjoy them in a wonderful Gingery Peach-a-Berry Cobbler.To help us understand what part these health-restoring foods can play in our lives, Simonds peppers Spices of Life with lively interviews with a variety of experts, including Dr. Jim Duke, who offers anti-aging advice from his Herbal Pharmacy; Dr. Andrew Weil, who discusses his latest nutritional findings; and Dr. U. K. Krishna, who explains basic Ayurvedic practices for healthy living. And more.With its delicious, easy-to-prepare recipes and concise health information, this delightful book opens up a whole new world of tastes for us to enjoy every day and to share with family and friends.