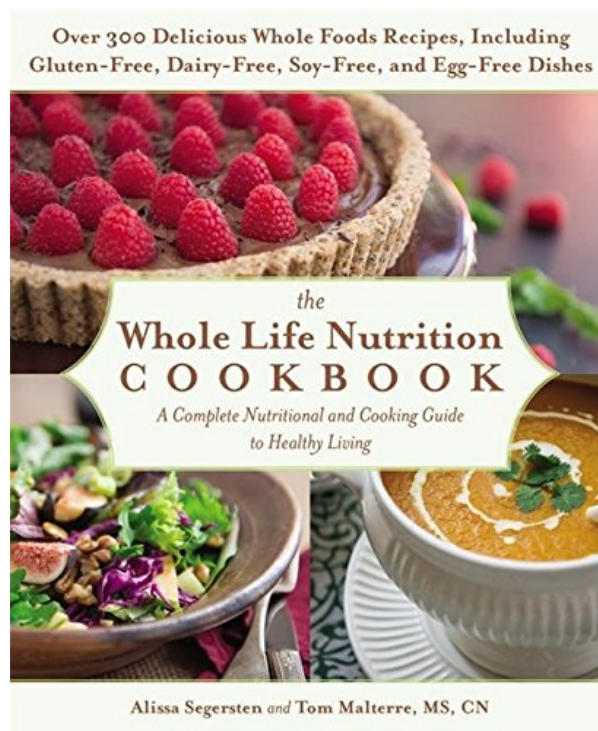


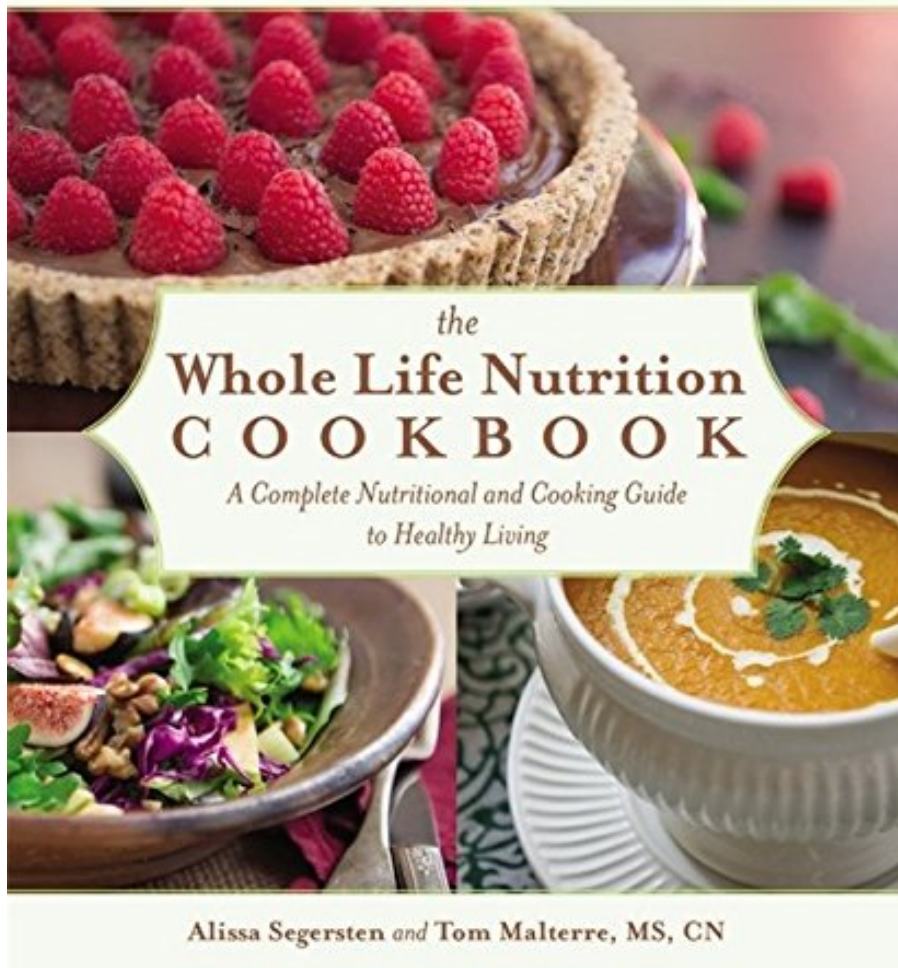
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About the Author

Alissa Segersten is a cooking instructor and author of the food blog, www.nourishingmeals.com, empowering people with cooking skills and knowledge of whole foods so that they may reconnect with pleasure in eating delicious, nourishing food.

Tom Malterre, MS, CN, is a certified nutritionist who holds two degrees in nutritional sciences, and is a faculty member of the Autism Research Institute. He coaches physicians and other health care practitioners on using Functional Medicine principals in their clinical practices, and travels the U.S. and Canada lecturing on the biochemical interactions within the body and their relationship to diet.

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Food is powerful medicine and whole foods, or foods in their natural unrefined forms, offer us vitamins, minerals and antioxidants that prevent diseases and create a state of balance and health within us. Nutritionist Tom Malterre and Chef Alissa Segersten understand that food can be both healing and delicious and in THE WHOLE LIFE NUTRITION COOKBOOK they provide information on the importance of living a whole foods lifestyle, and how to transition into one. Readers will learn to prepare foods that promote optimal health, prevent disease, and energize the body. With over 300 delicious, nourishing recipes, readers will discover amazing, new ways to cook whole grains, fish, poultry, meat and veggies. THE WHOLE LIFE NUTRITION COOKBOOK includes:

- Evidence-based information on whole foods
- Gluten-free, dairy-free, egg-free, and soy-free recipes
- A complete guide to stocking your whole foods pantry
- The whole story on the current diet trends and how to adapt them to best serve your individual needs
- The real story behind toxicity in food and avoiding PCBs GMOs and non-organics
- Recipes that any vegan, vegetarian, carnivore or omnivore will love

Whether serving breakfast, lunch, dinner, snacks or desserts, readers will enjoy their food while healing their immune system, decreasing the inflammation that causes disease, balancing hormones and promoting better overall health.

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Most helpful customer reviews

55 of 56 people found the following review helpful.

Great recipes and comprehensive diet information

By Jenna Anderson

I have had the original Whole Life Nutrition cookbook since it came out and I LOVE this new version. The original has been my most used cookbook over the years, hands down! This new book includes the very latest nutrition science, and I especially appreciated the information and perspective on all the latest diets including the paleo diet.

There are new chapters, and several new recipes. There is a whole chapter on cultured foods. I believe there are over 300 recipes altogether. We really enjoyed the new Quinoa tortillas and the grain free and vegan Apple Walnut Crisp. This book still contains many of our old favorites like Red Lentil Dal, Coconut Vegetable Curry, Wild Salmon with Lemon, Garlic and Thyme, Home-Style Chicken and Vegetable Stew, Raw Energy Balls, and Lemon Blueberry Pudding (I first made this pudding nearly 9 years ago and still remember my first taste, it gave me the satisfaction to continue my first elimination diet!) There are several smoothie and salad recipes that are delicious, and have been a great launching point for a whole foods lifestyle.

I did not notice the use of xanthan gum in the baked goods, which is okay with me. Instead I did see chia seeds, which we love to incorporate. The recipes have definitely been updated. I have been cooking with the Whole Life Nutrition recipes for years and I am confident that they are as creative and well developed as the previous versions. And the photos! So beautiful! I wasn't crazy about the index at first, but I am getting used to it, and I am still giving this book 5 stars because the recipes and information are the best I have found. I am very pleased to have this update on my favorite book :)

35 of 38 people found the following review helpful.

The Whole Life Nutrition Cookbook is a VERY well researched, informative work.

By Linda Townsend

The Whole Life Nutrition Cookbook is a VERY well researched, informative work. The title says it's a cookbook but it's much more than just a cookbook. The first chapter opens with the following Voltaire quote that I believe sets the tone for the book: "Everyone should be his own physician. We ought to assist and not force nature. Eat with moderation what agrees with your constitution. Nothing is good for the body but what we can digest. What medicine can produce digestion? Exercise. What will recruit strength? Sleep. What will alleviate incurable ills? Patience." If you believe in the what goes in, must come out philosophy, you will find something in this book to assist you in bettering your health! From the novice to the pro in the kitchen and garden, there's something for you here!

If you've watched Doctor Oz, you've probably heard of the "blue zones" which are areas around the planet where people live the longest and with the greatest health. The recipes in this book are derived from the dietary patterns found in the "blue zones." There is an excellent selection of gluten-free, dairy-free, soy-free and egg-free dishes - something for everyone!

Besides the over 300 recipes, there's so much other valuable-to-your-health information that it boggles the mind. You will find the six steps to nourish your digestion system. Whole Food sensitivity is thoroughly delved into. As a celiac, I can attest that food allergies and sensitivities are far more common than we might

have imagined. The authors reveal ten common sensitivities, familiar conditions associated with a food sensitivity and known triggers, if any. Various dietary lifestyles such as paleo, vegan-ism, raw, Mediterranean and many more are explained and analyzed. The books offers suggestions and tips for changing your diet to accommodate sensitivities. There's extensive sections on stocking your pantry, cooking techniques, and kitchen equipment.

The recipes are easy to follow and not complicated. From cheezy kale chips to fresh marinara sauce and dill pickles. Even the most discriminating will find something they like!

This book has found a permanent home on my bookshelf.

18 of 19 people found the following review helpful.

It brought excitement back into my kitchen

By Danielle

A few years ago, I finally figured out that a big imbalance in my gut (candida), and a host of resulting food sensitivities, was responsible for my ailments, and I've been struggling with how to feed myself, and my family, ever since. I have two very young children and my husband and I both work full time outside the house, and it's been a real struggle to figure out what I can and should eat, and then what to feed my husband and children (ie, can we all eat the same foods and be happy -- and no one feels deprived?)

Even though I love cooking, and love reading about nutrition, it's been completely overwhelming and exhausting trying to find something that works for all of us -- and a way of living and eating that is sustainable with the amount of time I have to devote to cooking. What I love about this cookbook is that it incorporates so many of the food paradigms I've come to respect and appreciate, but could never completely embrace to the exclusion of other foods (raw, vegan, anti-inflammatory, etc.). The authors' philosophy fits my own perfectly, and the range of recipes they offer give me back something I haven't had since my candida diagnosis: a sense of richness and possibility and excitement about cooking. Truly, that -- even more than the wonderful food we have been eating -- has changed my life more than I can describe. I've finally found a cookbook I want to work all the way through, and I'm having a fantastic time! (So is my 3-year-old, who for the first time gets to make muffins with me, because I know that they are actually good for her!)

This has become my primary cookbook, and I only wish there were 100 more recipes in it.

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