

A New You Cookbook

Colette Heimowitz

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Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless I really hope that each book in the series will be always your best friend in your little kitchen

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third of adult population over 50 years of age Diabetes affects one in ten Americans predicted to be in one in five in 2030 and one in three by 2050 The Solution The concept that Western diseases are lifestyle related and therefore potentially preventable and reversible is the most important medical discovery of the twentieth century Dennis Burkitt MD England Discoverer of Burkitt's Lymphoma Did you know many of the diseases we suffer from today are related to how we live how we eat drink sleep move and think Find out how to Start A New YOU R today inside this cookbook Made Easy Colette Heimowitz, 2013-12-24 Easy steps to successful weight loss simplied meal plans and shopping lists guick and tasty low carb recipes for the whole family Cover **Whole New You** Tia Mowry, 2017-03-14 From the star of the Cooking Channel's Tia Mowry at Home comes a timely clean eating cookbook that will change the way you think about what you eat and jump start your journey to a healthier more gorgeous you When actress Tia Mowry landed her breakthrough role on the sitcom Sister Sister she swapped home cooked meals for catering spreads But her teen dream diet of candies and carbs turned into a nightmare when she developed endometriosis a painful disease that affects one in ten women worldwide Two years and two surgeries later some surprising advice from her doctor inspired Tia to radically change one of the most basic elements of her life her diet After ditching the dairy and the refined sugars and processed foods Tia s pain receded drastically What's more her migraines stopped her skin cleared up and she was finally able to get pregnant Drawing on the latest research on whole plant foods inflammation and gut flora Whole New You chronicles Tia's journey to wellness and provides all the resources you need to feel better including a ten day menu plan to begin your healthy life more than 100 delicious recipes lighter versions of your favorite comfort food recipes including Buttermilk Fried Chicken and Crispy Collard Chips healthy recipes for your kids tips and tricks for eating on the go complementary approaches such as acupuncture and yoga for whole body healing Like a trusted friend Tia recounts both her setbacks and her triumphs and shows you how to listen to what your body is telling you With Whole New You your healing begins now Praise for Whole New You Simple and flavorful Readers looking to jump start a healthier diet will find this book encouraging and useful as both coach and guide Booklist I m on the go 24 7 and am always in search of healthy easy meal options This book delivers with maximum flavor every single time Morris Chestnut actor and author of The Cut No one ever said healthy meals can t be prepared in delicious ways and my friend Tia shows us that she is the one to make that happen Chlo Grace Moretz actress Tia Mowry understands that eating healthy is a lifestyle that can make your life more enriching Healthy eating equals healthy mind body and mental prowess Serena Williams Whole New You is a must read for anyone who wants to eat better live healthier and learn something along the way Tia's recipes are so delicious and this book definitely had me going back for seconds Naya Rivera actress mom and author of Sorry Not Sorry Tia's passion for creating a sustainable happy and healthy lifestyle is contagious Whole New You empowers us to transform our health in a fun and easy way Her personal story of transformation and recovery inspires us to get in the kitchen enjoy the process of cooking and start living radiantly well Tara Stiles founder of

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