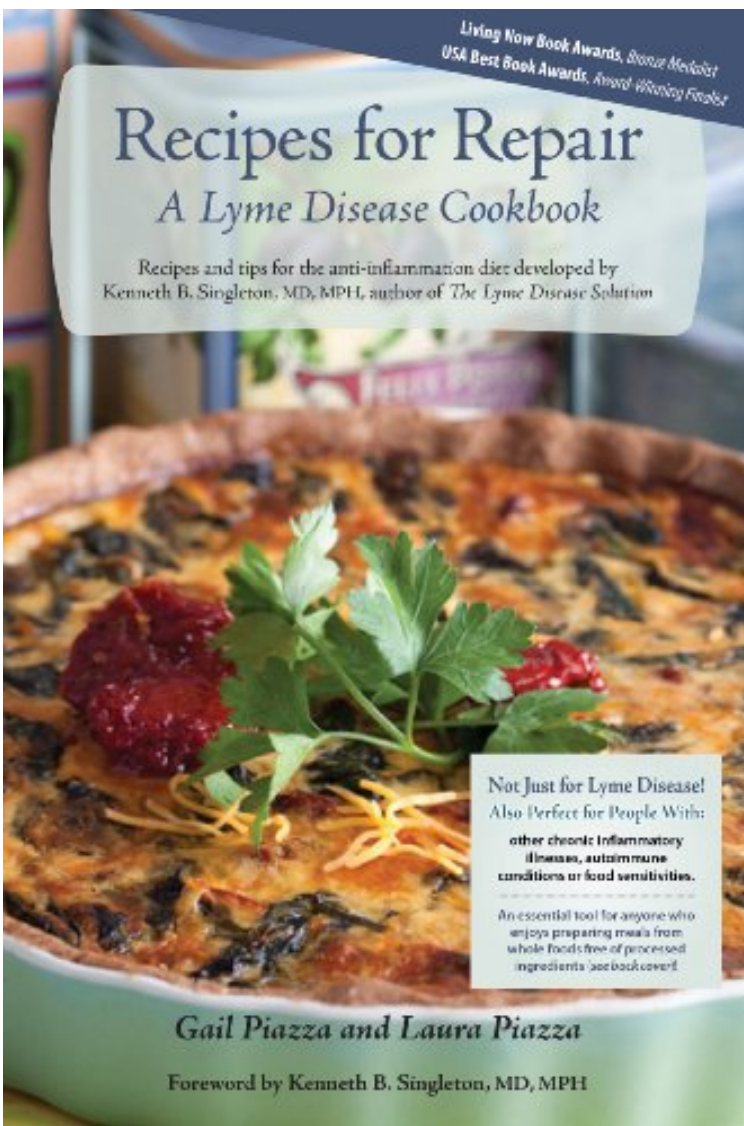


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# Recipes for Repair, A Lyme Disease Cookbook: Recipes and tips for the anti-inflammation diet developed by Kenneth B. Singleton, MD, MPH, author of The Lyme Disease Solution (English Edition)



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Description :

Prsentation de l'diteurThe award-winning Recipes for Repair: A Lyme Disease Cookbook is the practical, go-to guide for adopting the Lyme Inflammation Diet. This highly acclaimed diet, outlined in the book, uses natural, whole foods to reduce chronic inflammation in your body. Lyme specialist Kenneth B. Singleton, MD, MPH, developed the diet based on his years of clinical experience treating Lyme patients and from his own his own recovery from chronic Lyme.Recipes for Repair co-author Gail Piazza developed 150+ delicious recipes like Toasted Coconut Almond Muffins and Honey Battered Chicken. A professional recipe developer and food stylist whose clients include All-Clad, Emerilware, Dr. Weil products, Gail's recipes makes it easy to follow the Lyme Inflammation Diet guidelines. She explains the health benefits of key ingredients and provides helpful cook's notes. Recipes for Repair co-author and Gail's daughter, Laura Piazza, has Lyme Disease and was inspired to publish this cookbook after making nutrition a permanent part of her treatment. Paleo and Beyond The 4 Phases of the Lyme Inflammation Diet gradually introduce you to different allowable foods. This helps you discover which foods your body can and cannot tolerate. Your ultimate diet plan becomes uniquely customized just for you. This may closely resemble the Paleo diet.This book also includes:A comprehensive introduction to Lyme disease and the causes of inflammation, with self-assessment tools and more. Cooking techniques, glossaries, and lists of useful kitchen equipment. Highly organized, easy recipes - divided by diet phase. Quick identification for food restrictions - recipes labeled with vegetarian, gluten-free, dairy-free, egg-free and/or low-sugar iconsPrsentation de l'diteurThe award-winning Recipes for Repair: A Lyme Disease Cookbook is the practical, go-to guide for adopting the Lyme Inflammation Diet. This highly acclaimed diet, outlined in the book, uses natural, whole foods to reduce chronic inflammation in your body. Lyme specialist Kenneth B. Singleton, MD, MPH, developed the diet based on his years of clinical experience treating Lyme patients and from his own his own recovery from chronic Lyme.Recipes for Repair co-author Gail Piazza developed 150+ delicious recipes like Toasted Coconut Almond Muffins and Honey Battered Chicken. A professional recipe developer and food stylist whose clients include All-Clad, Emerilware, Dr. Weil products, Gail's recipes makes it easy to follow the Lyme Inflammation Diet guidelines. She explains the health benefits of key ingredients and provides helpful cook's notes. Recipes for Repair co-author and Gail's daughter, Laura Piazza, has Lyme Disease and was inspired to publish this cookbook after making nutrition a permanent part of her treatment. Paleo and Beyond The 4 Phases of the Lyme Inflammation Diet gradually introduce you to different allowable foods. This helps you discover which foods your body can and cannot tolerate. Your ultimate diet plan becomes uniquely customized just for you. This may closely resemble the Paleo diet.This book also includes:A comprehensive introduction to Lyme disease and the causes of inflammation, with self-assessment tools and more. Cooking techniques, glossaries, and lists of useful kitchen equipment. Highly organized, easy recipes - divided by diet phase. Quick identification for food restrictions - recipes labeled with vegetarian, gluten-free, dairy-free, egg-free and/or low-sugar icons