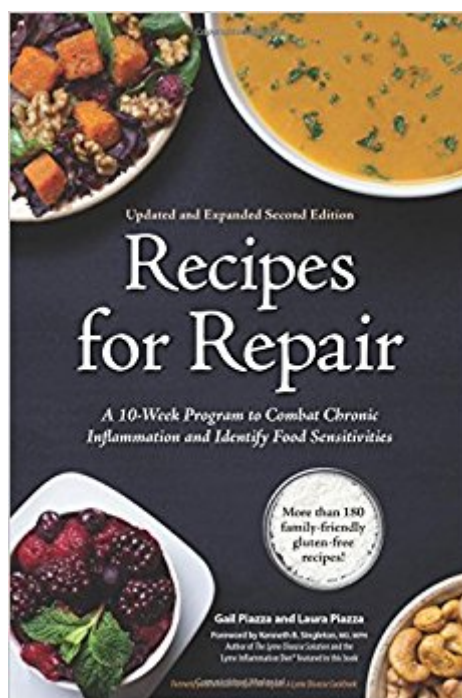




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Recipes For Repair: The Expanded And Updated Second Edition: A 10-Week Program To Combat Chronic Inflammation And Identify Food Sensitivities



Synopsis

Now back in an updated and expanded second edition, *Recipes for Repair* is your go-to guide for adopting the highly acclaimed Lyme Inflammation Diet. Allowable foods are gradually introduced over the first 10 weeks, which will help you to combat inflammation, discover any unidentified food sensitivities and ultimately provide you with an individualized nutrition plan. This 312-page book features more than 180 recipes that are: - developed by Gail Piazza, a professional food stylist and recipe developer, with taste and ease in mind - free of cane sugar, refined and artificial ingredients - labeled with icons for quick identification of the many meals appropriate for vegetarian (155), dairy-free (161), egg-free (136) and/or Paleo (111) Additionally, the book: - Features a foreword by Dr. Singleton, author of *The Lyme Disease Solution* - Explains Dr. Singleton's anti-inflammation diet including how to incorporate it into your life - Includes money-saving suggestions - Provides practical preparation and equipment tips for cooks of any experience level; and - Defines the beneficial characteristics of many foods New to this edition, you'll find: - 52 new recipes and 25 revised recipes - Updated diet guidelines - Symptom journal instructions - Information on how to incorporate cultured foods into your meals - Preparation tips and a 7-day meal plan to get you started - And, now, every recipe is gluten-free! The first edition of the book was a Bronze Medal Winner in the Living Now Book Awards and a Finalist in The USA Best Book Awards

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Customer Reviews

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A lot of work has gone into this book-- and while I have only been using it for a few weeks, I greatly appreciate the clarity and thoroughness of the plan. Unlike many other specialty diet cookbooks, thought has been given to cooking from a shopping list-- one week a recipe for soup calls for 1/2 cauliflower. and another casserole-like dish from the same week calls for the other 1/2 head of cauliflower. This makes sticking to the plan easier-- you don't have to run out to the store all the time to get the next recipes' ingredients!! I have bought the book to use while healing from a tenacious bout of Lyme disease-- and I also appreciate the authors' thoughtfulness about how to use the diet when on antibiotics. I can't eat any of the sweets, but they look enticing. The food from the first two phases so far is very, very good! The Indian chickpea and spinach fritters are delicious; the oat crepes are also great-- very quickly I learned to trust the authors' taste. My husband is not on a restricted diet and likes everything I've made-- he's even looked through the book and said he'll make some things from it (yay!).

This cookbook is amazing! I had literally spent hours in search of a cookbook I could use following the "Inflammation Diet", Recipes for Repair fit the bill perfectly! I ordered 5 informational books on Lyme Disease which were easy to find but cookbooks were very limited so when I read the reviews for Recipes for Repair it didn't take a rocket scientist to see it was a winner! Let me tell you this cookbook is fabulous, the recipes are easy to follow, each one comes with a full color glossy photo

so realistic it pops off the page, better yet the recipes are delicious, full of flavor and variety. I don't feel deprived anymore on a limited diet. My joint and muscle pain has improved greatly Dr. pulled me off my statin since my cholesterol is now back in the normal range. I've already had a weight loss of 33 lbs so far. This cookbook paired with the Inflammation Diet are both a must of anyone wanting to improve their health Lyme disease or not.

What I love about this book is the inspiration I get from the beautiful pictures and the absolute reliability of the recipes. When you are trying to follow a diet a little encouragement is vital ... I find the pictures part of the encouragement to stick to the plan and use new foods or familiar foods in new ways. But I so appreciate the fact that every recipe I've tried is easy to follow, great tasting, and works as promised. Even if you are not following the diet you will want to try these recipes!

I was dubious but so far all of the recipes have been really tasty! Highly recommend!

I can't say enough good things about this book. I bought it because I have Lyme and wanted to expand my anti-inflammatory recipes, but I must say, anyone will love these recipes. My husband can't wait to see what's for dinner!! Thank you Gail!!

This book is a must-have for anyone battling Lyme's. Easy to follow the 60 day plan and the recipes are delicious.

All the recipes in this book are not only useful but tasty! I was pleasantly surprised. The first week completely re-jumpstarted my GI. I am looking forward to the rest of the book.

I love the recipes in this book! I did the 60 day challenge and lost 20 pounds, this was my first challenge. I look forward to doing it again! I feel great and plan on sticking with these recipes.

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