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


(Elinor Hyatt)

HEALTHY BODY HAPPY MIND: SIMPLE AND DELICIOUS RECIPES FOR THE MODERN LIFESTYLE (PAPERBACK)



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Eddison Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Discover nutritional therapist Lina Bou s recipe for healthy living, with this inspirational, holistic cookbook for the modern lifestyle. Cooking isn t just about eating the right foods, it s about being inventive, having fun, and enjoying a healthy relationship with what you eat. Lina shows you how to make simple, nutritious, vegetarian meals (suitable for all!) that are easy enough for anyone to rustle up with a minimum of fuss. There are also suggestions for vegan alternatives and recipes free from gluten, dairy, and sugar. Full-color photographs are featured throughout. All of the recipes feature a health-benefit key, indicating at a glance whether they help improve your immunity, boost your energy, balance your hormones, and so on. And there s advice on sensible detoxing too.

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