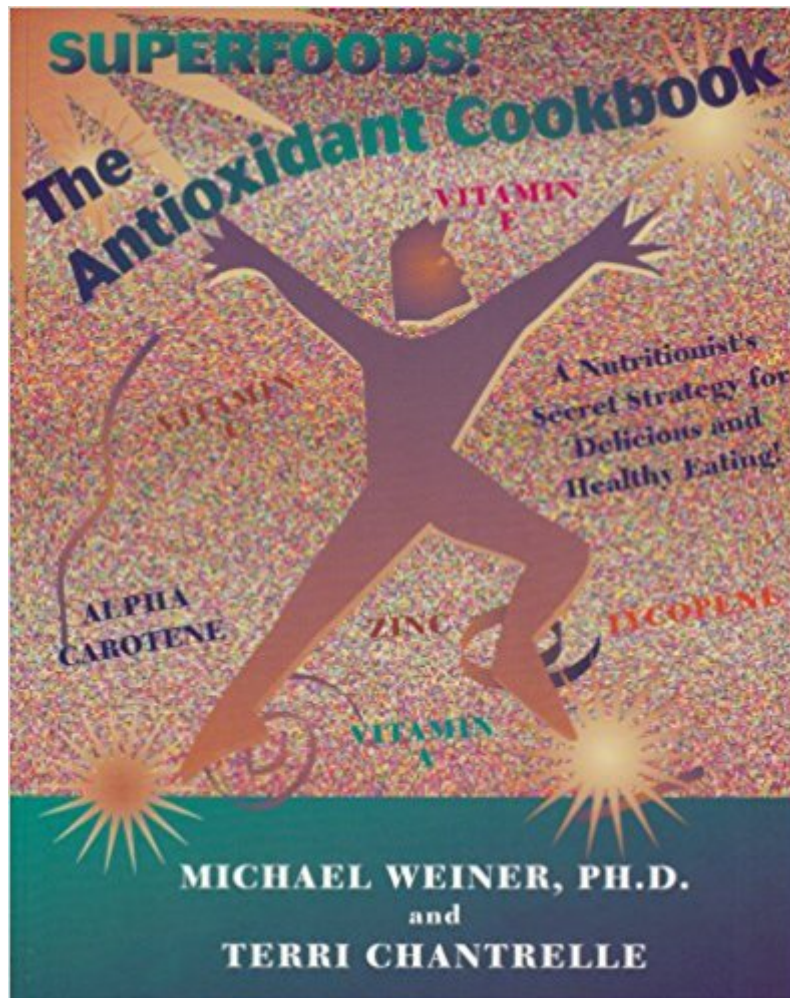




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# The Antioxidant Cookbook: A Nutritionist's Secret Strategy



## Synopsis

Here is your secret strategy for delicious and healthy eating! this is a must for everyone interested in holistic health, fitness, anti-aging enhancement, lifestyle improvement, and fabulous food! Dr. Weiner shares his strategy for delicious healthful low calorie low cholesterol high-potency antioxidant superfoods. His lifelong love for ethnic foods and his nutritional wisdom blend together in this special book. Taste is never sacrificed in these easy-to-prepare menus. The delicious dishes are low calorie low cholesterol low salt high potency superfoods!

## Book Information

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## Customer Reviews

Great book with great recipes. Thanks michael savage for writing this.

Love this book

good

Haven't looked at it much. Looks like it's for children?

I mean easy to cook. Great tasting and it tells you why you want to eat what your eating. Like what is beneficial about each herbal ingredient you use. Once again, I searched for and purchased this book because of Michael Savage, but I use the book because of the informational content as well as the simplicity of the recipes. As a matter of fact, I am going to make the soft taco's (Pg.84) for

lunch and the Meatloaf (Pg. 62) for dinner today

Michael Weiner (Savage) really knows his stuff. This cookbook has many affordable and delicious recipes for anyone. Worth every cent!

What a fantastic book. I have already done a lot of recipes. Michael Savage is the man who really knows his stuff as he has a Ph.D. and I am so happy to have this book.

Excellent, Valuable , Important, Great information written with intelligent intensity and knowledge on the importance of Nature's way of supplying Antioxidant vitamins. Nature's miraculous cell defenders and Herbal Antioxidants. Relationship between antioxidants and herbals and possible effects in the prevention and possible reduction of the intensity of a Cancerous condition, HIV and other illnesses. Half of the book is a cookbook describing simple to make nutritional meals, side dishes, breads, sauces, salads and desserts. With important nutritional breakdown of the meal. An important book for health conscious people who spread the word.

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