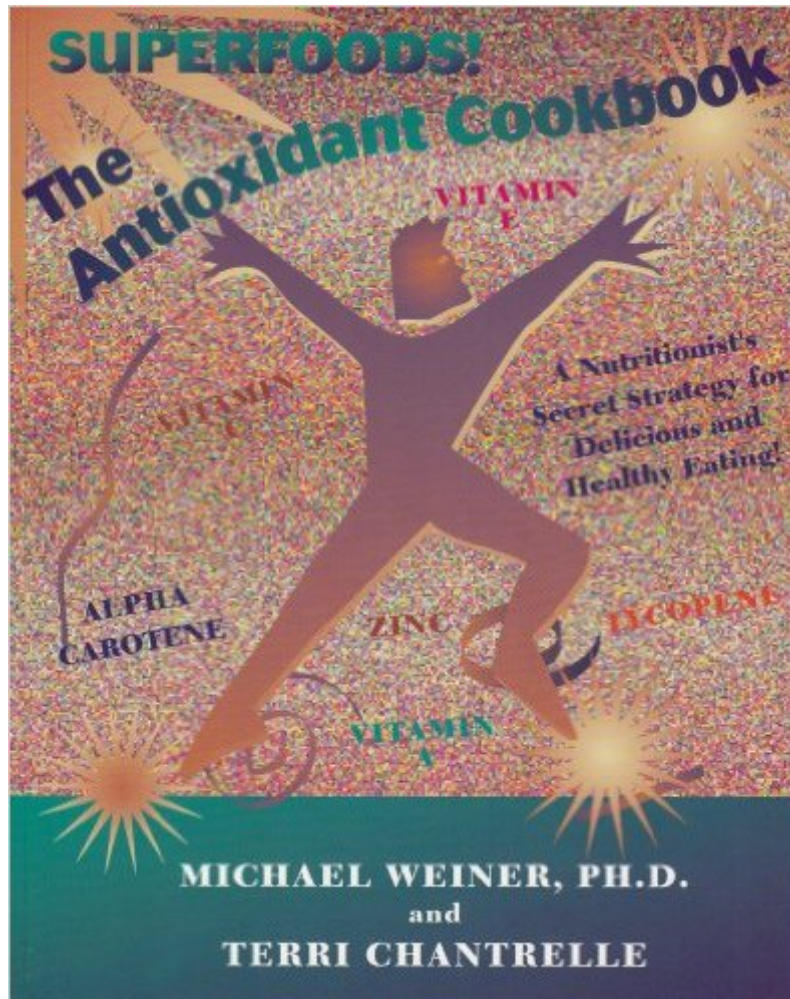


The book was found

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

Paperback: 228 pages

Publisher: Hambleton-Hill Pub (January 1996)

Language: English

ISBN-10: 0912845139

ISBN-13: 978-0912845135

Product Dimensions: 0.8 x 7.2 x 9.5 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #410,988 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #5751 in [Books > Cookbooks, Food & Wine > Special Diet](#)

Customer Reviews

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.

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.

Love this book

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

[Download to continue reading...](#)

The Antioxidant Cookbook: A Nutritionist's Secret Strategy Rice Cooker Recipes - A Low Carb Cookbook - Gluten FREE & Diabetic Friendly - Low Sugar & 1000% Refined Sugar FREE! 1 Pot Cooking - Cooking for one and ... Own Nutritionist / & more collaboration...) The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals RISE of the MACHINES: Secret Weapons, Secret Wars, & Secret Agendas SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow Aging, Repair Liver Damage, and Reduce the Risk of Cancer, Heart Disease, and Diabetes Jiaogulan: China's "Immortality Herb"--Unlocking the Secrets of Nature's Powerful Adaptogen and Antioxidant Glutathione: The Ultimate Antioxidant Regaining The Power Of Youth at Any Age: Startling New Evidence from the Doctor Who Brought Us Aerobics, Controlling Cholesterol and the Antioxidant Revolution Antioxidant Revolution The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging The Antioxidant Miracle: Put Lipoic Acid, Pycnogenol, and Vitamins E and C to Work for You Oxidants and Antioxidant Defense Systems (The Handbook of Environmental Chemistry) LSAT Reading Comprehension: Strategy Guide + Online Tracker (Manhattan Prep LSAT Strategy Guides) Pente Strategy: Book II: Advanced Strategy and Tactics Craps: Strategy! Casino Craps Strategy For Shooting Dice To Win At Craps! (How To Play Craps, Gambling, Las Vegas, Black Jack, Thinking Fast, Brain Power, Brain Training) Roulette Strategy III: An outside betting strategy for reducing your risks with your Roulette wagering. Chassin's Operative Strategy in General Surgery: An Expositive Atlas (Scott-Connor, Chassin's Operative Strategy in General Surgery) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Craps: From Beginner to Expert, Learn 'How to Play Craps' and the Secret Craps Strategy to Win at the Casino - (Craps Gambling + Craps Game)

[Dmca](#)