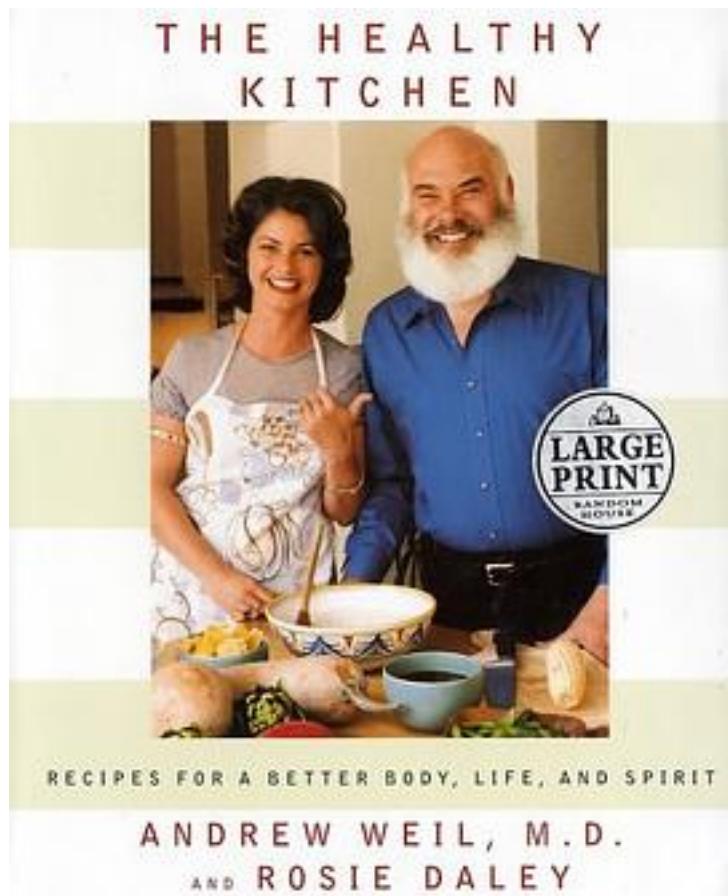


# The Healthy Kitchen



[The Healthy Kitchen 下载链接1](#)

著者:Weil, Andrew/ Daley, Rosie

出版者:

出版时间:2002-4

装帧:

isbn:9780553712902

Read by the authors

2 cassettes, 2 hours

2 CDs, 2 hours

Andrew Weil - author of the bestselling Eating Well for Optimum Health - brings to this perfect collaboration a comprehensive philosophy of nutrition grounded in scientific fact. Rosie Daley brings to it her innovative style.

Their lively dialogue about ingredients and preparation makes clear that there are many approaches to creative, healthy cooking. Information is provided on such subjects as the real meaning of "organic," the safety of our water, the most health-giving oils, how much salt/sugar is good for us - and much more. There are tips on losing weight, developing good eating habits in children and nurturing seniors.

THE HEALTHY KITCHEN is an audiobook that will forever change the way you cook for yourself and your family.

作者介绍:

目录:

[The Healthy Kitchen\\_ 下载链接1](#)

标签

评论

---

[The Healthy Kitchen\\_ 下载链接1](#)

书评

---

[The Healthy Kitchen\\_ 下载链接1](#)