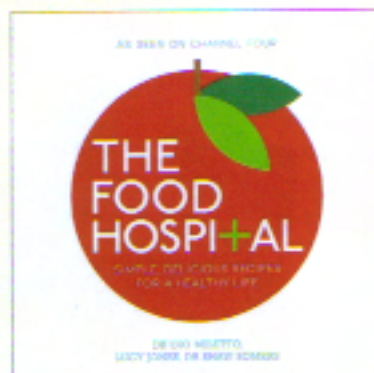


The Food Hospital: Simple, Delicious Recipes for a Healthy Life

Dr Gio Miletto, Lucy Jones and Dr Shaw Somers | Penguin Books Ltd | £16.99 | ISBN: 978-0-718-15859-0



Growing public awareness of the link between diet and health is reflected in *The Food Hospital*, a book that accompanies the Channel 4 television series of the same name. Most of the book is devoted to individual health problems, ranging from cold sores to cancer. Each

has the same format: a science bit, foods to eat, foods to avoid and "expert tips". Illnesses are grouped under headings such as "gut feeling" and "just for the girls". Recipes, showing how healthy foods can be made into delicious meals, and appealing illustrations are liberally sprinkled through the text. The strength of this book is that it is written by mainstream medical professionals, bridging the gap with what many still consider to be the "alternative" discipline of nutritional therapy. But this is also where its limitations lie, since it remains solidly within the conventional paradigm of looking at each illness in isolation and managing its symptoms, rather than "treating the person, not the disease".

Probiotic Allies: How to Maximise the Health Benefits of Your

Microflora

Peter Cartwright | Prentice Publishing | £12.99 | ISBN: 978-0-954-44381-8

There is growing awareness in both the scientific community and general public that some microbes have the potential to positively influence our health and to protect us from disease. In his book, *Probiotic Allies*, Peter Cartwright introduces us to the probiotic concept

of using microbes to improve health and presents the scientific evidence to back the theory. The book is organised into logical chapters that clearly and simply guide the reader through what is in fact a rather complex subject. Each chapter builds upon the next, starting from the basics of the human microflora, to the history, benefits and safety of probiotics, and then to practical solutions for choosing the right probiotic. This book is an easy to read, informative and useful guide to probiotics.



Raw Food Made Simple

Karen Knowler | Raw Food Coach Media | £7.99 | ISBN: 978-0-956-72560-8

This book is a useful guide for anyone looking to introduce raw foods into their diet. It is well laid out, easy to read and has some inspiring case studies. There are also small colourful pictures on most pages, which break up the text. The recipes

are quick and easy to make and should help you launch your new regime – a particular favourite was the raw muesli. An interesting addition is the bonuses you can collect from the associated website.

We have three copies of *Raw Food Made Simple* to give away to our readers – see page 7 for more details.



Candida Can Be Fun! A Survival Guide for "Yeasties"

Rebecca Richardson | Doveton Press | £19.99 | ISBN: 978-0-948-80814-2

Whilst written with the Candida sufferer in mind, this cookbook

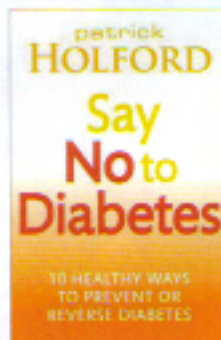
is in fact a useful aid for anyone with dietary restrictions or food intolerances. The book provides 100 savoury recipes and easy meal ideas that are wheat-, gluten-, dairy- and sugar-free. It includes family favourites such as fish pie, spaghetti bolognese and shepherd's pie, as well as more exotic dishes, such as rhubarb and spinach curry, vegetarian paella and tabbouleh. Each recipe is pictured and the methods are easy to follow. There is also a useful chapter on suppliers of the brands used in the book, making it easy for the reader to find the exact ingredients.

Say No to Diabetes

Patrick Holford | Piatkus | £13.99 | ISBN: 978-0-7499-5589-2

Say No to Diabetes is a comprehensive book on diabetes, and more particularly on preventing and reversing the condition by regaining control over blood sugar levels. It focuses primarily on type 2, rather than type 1, diabetes, but it does explain the difference

between the two. The book is organised into the following four parts: Part 1 gives a detailed explanation of what diabetes is and why people develop it; Part 2 presents the ten principles for preventing or reversing type 2 diabetes, with a focus on dietary, supplement and lifestyle recommendations for achieving and maintaining blood sugar control; Part 3 provides an action plan for diabetes reversal; and Part 4 gives a variety of recipes and menu suggestions to make it easier for people to begin their 'say no to diabetes' plan. This book is valuable both as an action plan for anybody who wants to take a drug-free approach to managing their blood sugar and as an authoritative reference to the latest research into diabetes and metabolic syndrome.



All books can be purchased from the Nutri Centre Book Shop –

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