



The Antioxidant Save-Your-Life Cookbook: 150 Nutritious, High Fiber, Low-Fat Recipes to Protect You Against the Damaging Effects of Free Radicals

Jane Kinderlehrer, Daniel A., M.D. Kinderlehrer

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Here are 150 family- and kitchen-tested recipes, each packed with antioxidants to nutritionally protect you against cancer and disease-causing free radicals—without sacrificing variety or flavor. Emphasizing the benefits of antioxidant-rich foods high in vitamins C, E, and A, as well as selenium and beta-carotene, these delicious recipes will:

- enhance your immune system
- strengthen your bones
- build up your resistance to viral attacks, infections, even allergic reactions reinvigorate your love life
- help you overcome fatigue
- keep your blood sugar on an even level
- and much more.

The introduction by Dr. Daniel Kinderlehrer explains in clear, plain language the often-confusing terms *free radicals* and *oxidation*, then goes on to detail the many medical benefits of antioxidants and the ingredients found here. These include providing protection against a variety of cancers, Alzheimer's disease, immune disorders, arthritis, diabetic conditions, and the complications of aging.

Separate chapters include recipes for jump-start breakfasts; tasty appetizers, side dishes, and snacks; sumptuous soups and stews; satisfying vegetarian meals; hearty main courses featuring chicken, fish, or meat; flavorful dressings, dips, spreads, and vinaigrettes; and tempting desserts.

This useful cookbook also features a valuable section on stocking your pantry—"What to Stash and What to Trash"—loaded with healthy advice to guide you at the supermarket and when choosing foods. Also included is a glossary of some of the major antioxidants found in food. With recipes low in fat and calories, high in fiber and nutrients—with no white flour, hydrogenated fats, or chemical additives—this collection is a must-have for every cook concerned with eating healthfully, preventing disease, and living a longer life.

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Clyde Harlan:

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Ronald Canty:

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