



## Real Food Heals: Eat to Feel Younger and Stronger Every Day

*Seamus Mullen, Frank Lipman (Foreword)*

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**Real Food Heals: Eat to Feel Younger and Stronger Every Day** Seamus Mullen , Frank Lipman (Foreword)

**Healthy cooking reinvented by top chef Seamus Mullen, with over 125 Paleo-inspired recipes designed to revitalize your health every day.**

In the high-end food world, "healthy cooking" has long been taboo. But as one of the only high-profile chefs today guided by the understanding that the food we eat has a deep impact on our health, Seamus Mullen has rewritten the old rule that healthy can't be delicious. Seamus's powerful transformation came out of his own health crisis--after a near-death experience brought on by autoimmune disease he'd struggled with for years, he radically changed the way he cooked, both at his restaurants and at home. As a result, the biomarkers of disease disappeared and the constant trips to the ER he experienced while he was sick have come to an end.

But what Seamus has been surprised to discover is that this new way of eating--dishes starring real, whole foods such as vegetables and fruits, meats used as garnishes, whole grains, fermented foods, and no refined sugar or gluten--has not only controlled his disease but has also made his body feel younger, stronger, and more energized every day. It is his mission to share his brand of cooking with readers everywhere to inspire them to shift their diets and truly redefine what "healthy eating" can and should be.

A powerful manifesto with Seamus's moving journey at its heart, *Real Food Heals* is packed with 125 easy-to-prepare, Paleo-inspired, and nourishing recipes packed with delicious whole food ingredients, including Kefir Scrambled Eggs with Grated Garlic; Nori Rolls with Olive Oil, Tuna, Avocado, and Sprouts; and Fig Almond Cacao Nib bars. Complete with a 21-day jump-start meal plan, this unique cookbook will help everyone prepare healthy, irresistible food with big flavors every day and put them on the path to total wellness.

## Real Food Heals: Eat to Feel Younger and Stronger Every Day Details

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## **From Reader Review Real Food Heals: Eat to Feel Younger and Stronger Every Day for online ebook**

### **Mary C says**

You're never really finished reading a cookbook but I wanted to put out there that this one is a keeper. I found a recipe that I'll try this week, Kale, Lamb and Feta Frittata and Spicy grilled carrots. Right up my alley!

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### **Aletha Pagett says**

This book showcases the fact that eating well and eating healthy are synonymous. Our bodies respond quickly to what we give them, and like Hippocrates said, "Let food be your medicine."  
Great photos and the recipies make me want to sit down for a meal with Mr. Mullen.  
This was received through Goodreads.

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### **Virginia says**

A beautiful cookbook that could use a few more photographs with a lot of very good sensible advice. But unless you have a lot of time to cook and live next door to a very good market this is not very feasible. But the idea is...eat better food, move more.

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### **Gina says**

This is one of my favorite cookbooks to come out recently. I am really into the food and health connection...you are what you eat!

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### **Heidi says**

I truly believe the food we choose to put into our bodies has a direct effect on our health. The overall message of the book as well as Seamus' story resonated with me but a large portion of recipes were a little too funky for my tastes.

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### **Jo says**

Good book but I would have appreciated it more if he had been vegan. Healthy eating = healthy living but I just cannot eat animals.

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### **Kelly says**

I really enjoyed the beginning of this cookbook, seems like it matches my eating philosophy. I do eat meat, but trying to be more plant-based. This book talks about that, but then still seemed like more meat than I would otherwise have thought from the beginning. Will try some of the recipes for sure though...

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### **Jessica says**

I knew who Seamus Mullen was from the Food Network and I had read an article a few years ago about how he overhauled his diet and basically healed his rheumatoid arthritis. So, I was excited to check out this book. The first chapter of the book tells his story with health and how he was able to really overhaul his whole life through diet. He also goes over the tenants he follows with this diet and how he made some major changes. Then it gets into the recipes. At the very end there is a 21 day diet challenge to help jump start or incorporate his eating suggestions. Basically the eating "plan" is paleo, but he does still eat cheese and some dairy. There were definitely some recipes I want to try and his story is definitely very inspiring. While I don't want to cut out carbs completely, he has obviously had really good results eating this way. Overall, definitely one to check out.

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### **Stephanie says**

Wow! The photographs are beautiful. Some of recipes are very appealing - especially the Vietnamese BLT wraps. The recipe makes 4 servings but in all honesty you'd need all 4 servings for a single meal. Some of the ingredients are not available in most markets - unless they have at least a few really good health food stores and/or upscale grocery stores. And to eat like this daily is not feasible for most people's budgets. I will be making the switchel to drink as it looks to be a no caffeine, no scoby, no fermentation kumbucha like beverage.

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### **Sarah says**

The very short introduction talks about how the author came to what is essentially an anti-inflammatory-style diet after being ill. He mentions the Wahls protocol and several other researchers he talked with, but it isn't enough information for someone thinking about a diet change; it's more appropriate to comfort someone, who has read about anti-inflammatory diets elsewhere, where the author started from when he designed his diet.

Only about half the recipes, or maybe even fewer, have photos. Since many of these dishes are gourmet-ish, I'm not sure how the finished product is supposed to look. What's a caponata? Or carpaccio? Although there are no beans or gluten, and most of the inclusion of dairy seems optional or can be substituted, this book is primarily appropriate for people who like to cook a la froo-froo. I did see a number of ingredients that seemed extremely specific that I might have difficulty in purchasing locally: watermelon radishes, specific types of mushrooms and chiles I haven't ever seen before, something called gochujang, and that yuzu stuff

again, as examples.

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### **Cecilia says**

I saw Seamus on CBS Saturday morning, as the featured chef. While he was promoting a different book, he mentioned this one and told his story of how changing what he put in his mouth changed his life and addressed serious health issues he had been dealing with. I found the book easy to read, chock full of tidbits and beautiful photography.

I started amping up my green salads with pepitas and dried berries - work colleagues notice how yummy my salad looks. This is a book I'll buy, use as a recipe book and reference and build a shopping list based on some of the items I discovered. I'll get my mandoline out more often, perhaps; it may also inspire me to try other kitchen tools that are recommended to make food prep easier. Thank you, Seamus!

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### **Alex Reneski says**

#### **GOODREADS GIVEAWAY**

Well done! Instructions are clear and relatively uncomplicated. There are a large variety of menus to choose from.

A brief introduction explains the author's motivation for writing the book, which is compelling but not preachy in motivating readers to try at least some of the recipes.

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### **Ariste Egan says**

So many healthy and creative recipes.

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### **Saluces says**

I preordered this book because I too have RA and hoped for some really good advice. I understand that people react differently to treatments and food. I was disappointed with the amount of recipes and the eating schedule at the end. I think a week by week list would have been nice. Most books with this type of information have a format at the end to help people like me make lists and find it easier to follow. It was just ok for me.

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