



Low-Calorie International Cuisine

**Savor Global Flavors: A Collection of Delicious
Low-Calorie Recipes from Around the World**



The Art And Science Of Cooking A Collection Of Healthy Low Calorie International Recipes

Steve Hendricks



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The Art and Science of Personalising Care with Older People with Diabetes Trisha Dunning, 2018-08-06 This unique book is intended for all health professionals caring for older people with diabetes such as specialist and general nurses doctors primary care practitioners and dietiticians Although there is an increasing body of work about personalised care no publications were identified that encompass the focus and scope of the proposed book The global population is ageing and increasing age is a key risk factor for diabetes Older people with diabetes are often vulnerable have complex care needs and often have cognitive changes which makes personalising care challenging for health professionals Thus this is an internationally relevant book filling a gap in the current literature This is a practical and updated book that will use an engaging and easy to read narrative style It challenges readers to reflect in and on their practice It encompasses people with diabetes and authors stories which are known to have a special interest to readers make it easier to apply the information to practice enhance learning and hence the relevance and value of the book It is relevant to advocacy organisations as well as managers and service planners Researchers and scientists may find relevant information on grant and ethics applications research protocols plain language statements for potential participants and operationalising research protocols **The Publishers Weekly**, 1997

Fat-Fueled Flavor Barrett Williams, ChatGPT, 2025-01-12 Discover the delicious world of ketogenic cooking with Fat Fueled Flavor an essential guide to mastering oils and butters that transform ordinary meals into extraordinary delights Whether you're a seasoned ketogenic enthusiast or just beginning your journey this book unveils the secrets of using rich flavorful fats to create mouthwatering dishes Begin with a solid foundation in Chapter 1 where you'll understand the chemistry and health benefits of essential fats Then learn the art of selecting the finest ingredients in Chapter 2 equipped with tips for identifying quality oils and butters and decoding labels like a pro Dive into the versatility of coconut oil in Chapter 3 and discover new flavor pairings and recipes that make every meal a culinary experience Chapter 4 takes you on a creamy adventure with avocado oil while Chapter 5 introduces the golden glow of ghee perfect for enhancing your culinary creations For a touch of luxury turn to Chapter 6 to experience the buttery excellence of Kerrygold elevating your dishes to new heights Explore the power of MCT oil in Chapter 7 enhancing both cooking and baking endeavors with newfound energy Chapter 8 invites you into the world of ketogenic baking providing techniques to replace traditional fats effortlessly Master sautéing and frying in Chapter 9 with valuable insights into creating crispy textures and savory delights Transform your salads and sauces in Chapter 10 and breathe new life into traditional recipes in Chapter 11 Conserve the quality of your prized ingredients with smart storage solutions in Chapter 12 Venture into ketogenic travel tips and recipes in Chapter 13 and troubleshoot common cooking issues with ease in Chapter 14 Finally look ahead with Chapter 15 where the future of ketogenic fats unfolds revealing emerging trends and innovative culinary practices Fat Fueled Flavor is more than a cookbook it's your gateway to a vibrant lifestyle rich in taste and health Discover the possibilities and transform your kitchen

into a haven of ketogenic creativity **The Oldest Cure in the World** Steve Hendricks,2022-09-06 An illuminating exploration of the rich and varied history and myriad health benefits of fasting Wall Street Journal When should we eat and when shouldn t we The answers to these simple questions are not what you might expect As Steve Hendricks shows in The Oldest Cure in the World stop eating long enough and you ll set in motion cellular repairs that can slow aging and prevent and reverse diseases like diabetes and hypertension Fasting has improved the lives of people with epilepsy asthma and arthritis and has even protected patients from the worst of chemotherapy s side effects But for such an elegant and effective treatment fasting has had a surprisingly long and fraught history From the earliest days of humanity and the Greek fathers of medicine through Christianity s fasting saints and a 19th century doctor whose stupendous 40 day fast on a New York City stage inaugurated the modern era of therapeutic fasting Hendricks takes readers on a rich and comprehensive tour Threaded throughout are Hendricks s own adventures in fasting including a stay at a luxurious fasting clinic in Germany and in a more spartan one closer to home in Northern California This is a playful insightful and persuasive exploration of our bodies and when we should and should not feed them **Subject Guide to Books in Print** ,1997 **Los Angeles Magazine** ,2000-04 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian **Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975** National Agricultural Library (U.S.),1975 **Dr. Colbert's Health Zone Essentials** Don Colbert,2024-01-02 FROM NEW YORK TIMES BEST SELLING AUTHOR Effective protocols for restored health and longevity After reading this book you will have the knowledge and the understanding to create clean healthy habits to guide your lifestyle so you can prevent and reverse a life of illness Don Colbert MD the acclaimed author of multiple New York Times best selling books curates the most effective protocols from his popular Zone series Dr Colbert s Healthy Brain Zone Dr Colbert s Fasting Zone Dr Colbert s Hormone Health Zone and Dr Colbert s Healthy Gut Zone to present his most comprehensive guide for lasting health and wellness Dr Colbert s Health Zone Essentials leads readers into a treasure trove of wisdom and practical advice to restore their body s health at its foundation and then rebuild a healthy life upon it showing them How to optimize their hormone levels Use the power of fasting to reset their digestive system and set the stage for a healthy gut Enjoy great tasting foods from the best of the Mediterranean and keto diets to maintain good health Experience the peace of mind that comes with knowing they are protecting their body and brain health both now and in the future Dr Colbert s balanced preventive and natural healing solutions will give readers the tools to protect and optimize their well being now and in the future **Medical and Health**

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