



THE MEDICINAL CHEF

EAT YOUR WAY TO
BETTER HEALTH

Dale Pinnock



The Medicinal Chef Eat Your Way To Better Health

Dale Pinnock



The Medicinal Chef Eat Your Way To Better Health:

The Medicinal Chef Dale Pinnock,2013-02-28 In his first major cookbook TV's Medicinal Chef and nutrition expert Dale Pinnock presents his unique and inspiring approach to healthy cooking With 80 simple tasty recipes Dale shows how easy it can be to use food to benefit your health and complement conventional treatment Alongside the recipes there is a glossary of key ingredients and the nutritional benefits they can bring as well as advice on how food can make a real difference to more than thirty ailments and nine key bodily systems Dale's delicious dishes such as his Date and Walnut Energy Bombs and Pineapple zing Smoothie really can help give a boost to all of your body's systems and improve energy levels Try the filling Tuna Steak with Sweet Potato Wedges and Sauteed Mixed Greens packed full of Omega 3 which reduces inflammation caused by arthritis and even helps alleviate depression From the The Famous Flu Fighter Soup to Greek Pitta Pizza and even decadent desserts such as Cheating Chocolate Orange Mousse every recipe is easy to shop for and quick to prepare With simple symbols to indicate which conditions each recipe can help eating your way to good health has never been easier or more delicious

The Medicinal Chef Dale Pinnock,2021-06-10 The Sunday Times Bestselling Author From TV's award winning qualified nutritionist Dale Pinnock comes The Medicinal Chef Plant based Diet a cookbook that will transform your thinking and ensure that you are eating nutritiously Starting with the science behind a plant based diet Dale takes a look at the health benefits as well as rectifying the pitfalls that so many of us suffer when eating vegan arming you with the knowledge to eat well This nutritional information can then be utilised through the more than 80 simple quick and delicious recipes that will promote good health with each recipe being helpfully labelled letting you know if it contributes to skin skeletal immune or cardiovascular health as well as listing other key nutritional benefits Recipe chapters include RAW BLITZ AND BLEND STOVE TOP READY IN A HURRY MINIMAL EFFORT TIME ON YOUR HANDS A BIT ON THE SIDE

The Medicinal Chef: How to Cook Healthily Dale Pinnock,2017-01-12 From TV's Eat Shop Save's resident chef and nutritionist Dale Pinnock comes the only book you will ever need to learn the basics of healthy cooking at home Medicinal Chef Dale is the perfect teacher He starts by explaining the benefits of types of ingredient like wholegrains oils and meat and poultry as well as cooking methods like stir frying The second part of the book is packed with 80 easy everyday recipes that anyone can make and adapt in order to take a healthier path now and forever The purpose of this book is to help you make sense of what healthy dishes look like how they are composed and what cooking methods you can use to create a healthy dish and get the best out of your ingredients Dale Pinnock BSc Human Nutrition BSc Herbal Medicine PgDip Nutritional Medicine

The Medicinal Chef Dale Pinnock,2021-06-10 Over 80 delicious vegan recipes plus helpful meal plans plus advice for how to eat a healthy balanced vegan diet From qualified nutritionist Dale Pinnock comes The Medicinal Chef A Plant based Diet a cookbook that will transform your thinking and your diet to ensure that you are eating nutritious dishes that will improve your health Starting with the science behind a plant based diet Dale takes a look at the health benefits as well as

rectifying the pitfalls that so many of us suffer when eating vegan arming you with the knowledge to eat well This nutritional information can then be practiced through the 80 simple quick and delicious recipes that will promote good health alongside a balanced meal plan that the whole family will be able to follow The Medicinal Chef: The Nutrition Bible Dale Pinnock,2020-03-19 An instantly accessible user friendly go to guide to nutrition this will become an invaluable resource in every home Author Dale Pinnock is the Medicinal Chef and with his practical authoritative advice everyone can cut down on the family s common medical complaints trips to the doctor expensive medication and confusing health books The book will begin with an indispensable alphabetical reference guide to common medical complaints applicable to age groups from babies to the elderly such as eczema acid reflux menstrual cramps constipation high blood pressure fatigue and more The second part of the book presents a list of the ingredients that will help you tackle specific ailments The third part of the book addresses the key stages of life and outlines which basic nutritional rules you need to follow at different ages to maximise your wellbeing and help prevent illness Other highlights of the book include an accessible look at vitamins and supplements whether you should take them when you should avoid them and how to use them safely *The Medicinal Chef* Dale Pinnock,2016 In this brand new cookbook The Medicinal Chef explains the secret to staying healthy happy and energized not just now but for the rest of your life Forget fussy faddy diets forever By following three basic principles mastering blood sugar fatty acids and nutrient density you can boost your wellbeing and make a long term change to your health Dale Pinnock bestselling author and nutritional expert has devised 80 recipes and guiding principles that will minimize your chance of being affected by some of the diseases that are becoming epidemic such as diabetes heart disease obesity and cancer The recipes are straightforward easy to follow and are made with easy to find ingredients and taste so good that this will become your go to book for healthy satisfying meals for every occasion The Medicinal Chef Dale Pinnock,2014 Dale Pinnock has created 80 new tasty recipes for every lifestyle and every time of day From graband go breakfasts to tempting snacks lunchbox treats quick fix suppers and special dinners with friends Healthy Every Day has a practical solution to every possible challenge to eating well Short texts alongside every recipe explain the incredible nutritional benefits of a wide range of ingredients we all know and love and easy to use symbols show which bodily systems and conditions each recipe can help with For instance the B vitamin booster wraps that will supercharge your nerve system or even the Skin boosting seafood one pot that will not only taste delicious but will revitalise your skin It also includes a new A Z Food Pharmacy section that explains how the powerful nutrients in our food can boost our health Dale feels passionately that making a long term change to the way you eat is a far better path to good health than short lived difficult to follow diets Simple tasty good for you now it s never been easier to be healthy every day Digestion Dale Pinnock,2015-02-12 In this title Dale tackles the issues people suffer with their digestion trying to understand the reasons behind the conditions and most importantly how you can help yourself to relieve them His approach is designed to work alongside conventional medical treatment Dale believes you can

relieve a whole spectrum of digestive symptoms via diet He believes that making a long term change to the way you eat is a far better path to good digestion than short lived difficult to follow diets He tackles the physiology and anatomy behind each of a handful of the most common digestive complaints bloating constipation IBS inflammatory bowel disease Crohn s and ulcerative colitis and touches on reflux and food intolerance too He shows how the body digests different foodstuffs therefore giving readers the tools they need to heal themselves promote gut flora and avoid foods that can continue to ferment in the gut The wonderful recipes in this book are divided into groups depending on the gut condition they are intended to tackle Lunch on Bean and corn quesadillas if you have constipation To help relieve IBS try Chicken and shiitake pad thai or dine on Chicken meat loaf with roasted roots to help relieve inflammatory bowel disease Every recipe is simple and quick to prepare with easy to find ingredients

The Medicinal Chef Dale Pinnock,2021-03-04 In this best selling cookbook TV s nutrition expert Dale Pinnock presents his unique and inspiring approach to healthy cooking With 80 simple tasty recipes Dale shows how easy it can be to use food to benefit your health and complement conventional treatment Alongside the recipes there is a glossary of key ingredients and the nutritional benefits they can bring as well as advice on how food can make a real difference to more than thirty ailments and nine key bodily systems Dale s delicious dishes such as his date and walnut Energy Bombs and Pineapple Zing Smoothie really can help give a boost to all of your body s systems and improve energy levels Try the filling Tuna Steaks with Sweet Potato Wedges and Spring Greens packed full of Omega 3 which reduces inflammation caused by arthritis and even helps alleviate depression From the The Famous Flu Fighter soup to Greek Pitta Pizza and even decadent desserts such as Cheating Chocolate Orange Delight every recipe is easy to shop for and quick to prepare With simple symbols to indicate which conditions each recipe can help eating your way to good health has never been easier or more delicious

The Medicinal Chef: The Power of Three Dale Pinnock,2016-01-14 In this brand new cookbook *The Medicinal Chef* explains the secret to staying healthy happy and energised not just now but for the rest of your life Forget fussy faddy diets forever By following three basic principles mastering blood sugar fatty acids and nutrient density you can boost your wellbeing and make a long term change to your health Dale Pinnock bestselling author and nutritional expert has devised 80 recipes and guiding principles that will minimise your chance of being affected by some of the diseases that are becoming epidemic such as diabetes heart disease obesity and cancer The recipes are straightforward easy to follow and are made with easy to find ingredients and taste so good that this will become your go to book for healthy satisfying meals for every occasion

The Medicinal Chef Healthy Every Day Dale Pinnock,2014-01-16 The new book from the bestselling *Medicinal Chef* Dale Pinnock provides 80 new recipes to eat healthily day in day out Dale acknowledges that breakfast is for many people the first hurdle in a healthy diet as time pressures force us to make unhealthy choices Here Dale provides ideas from eggs royale chilli chocamocha breakfast bomb to an indulgent brunch of beetroot and smoked mackerel frittata Throughout the day snack on choc nut oat bars or sesame chocolate fudge Lunchbox ideas include Roast root and

rocket salad with honey mustard dressing Cheeky chicken lettuce roll ups and Miso mushroom noodle soup The need to get food on the table quickly in the evening is answered with family friendly dishes such as pad thai green curry salmon burgers cholesterol busting chicken curry or one pot Moroccan vegetable tagine This new book also includes several healthy meat based recipes such as a Chicken pink grapefruit powerhouse salad or a healthy kebab to lure you away from the takeaway Short explanations alongside every recipe highlight the incredible nutritional benefits of a wide range of ingredients we all know and love and easy to use symbols show which bodily systems and conditions each recipe can help with A special index lists recipes by the area of health they aid including Skin Joints and Bones Respiratory system Immune system Metabolic system Heart and circulation Digestive system Reproductive urinary systems Dale feels passionately that making a long term change to the way you eat is a far better path to good health than short lived difficult to follow diets Simple tasty good for you now it s never been easier to be healthy every day Eat Shop Save: 8 Weeks to Better Health Dale Pinnock,2019-07-25 Accompanies the new 4 part ITV series August 2019 Sunday Times Bestseller EAT SHOP SAVE is the ITV phenomenon helping families across the UK to get seriously fitter healthier and richer In this 8 week healthy eating plan to accompany the hit TV series you ll find 80 brand new recipes as well as simple weekly meal planners to help you achieve and maintain a healthy lifestyle Award winning chef and qualified nutritionist Dale Pinnock will transform the way you eat forever with delicious effortless and unbelievably affordable recipes Crammed with nutritional facts creative twists and time saving tips you ll feel fantastic and save hundreds of pounds along the way REALISTIC RECIPES FOR EVERYDAY FAMILIES GUARANTEED TO SATISFY EVEN THE HUNGRIEST FUSSIEST BUSIEST EATERS KEEP UP THE RESULTS FOR LIFE

Anxiety & Depression Dale Pinnock,2015-02-12 In this title Dale clearly explains how you can alleviate the symptoms of anxiety and depression by changing the way you eat He unpicks the physiology and anatomy of anxiety and depression to show how diet can beneficially affect the hormones that alter mood And don t think in order to improve how you feel from day to day that you will be eating salad and tofu for ever On the contrary if starting your day with a Toasted muffin with smoked salmon spinach and hollandaise sounds good then this is the diet for you Or try a sinus and mind clearing Salmon avocado and wasabi wrap for lunch A fabulous Thai style seafood noodle soup or fish pie will also help you maintain a healthy mindset while Chocolate crunch pots will put a smile on your face as it also works to help relieve your symptoms **Heart Disease** Dale Pinnock,2015-02-12 In this title Dale explains that heart disease is at epidemic proportions and rising and attempts to find out why and what we can do about it His approach using nutrition alongside conventional medicine is to avoid the dietary baddies that may contribute to the problem And he has some revolutionary ideas about what those might be Dale shows how the heart works and gives you the tools you need to help yourself His approachable readable style reveals cardiovascular workings clearly Dale peers inside the modern western kitchen store cupboard and shows what should be going into it with a comprehensive list of heart healthy food Vitally he reveals what needs to be thrown out and never

replaced among them some startlingly common foods Dale shows how easy it can be to incorporate powerful super nutrients into your diet and what foods and supplements can provide them Each recipe has a check list showing the components it contains that are particularly heart healthy Start the day with a Salmon and asparagus frittata dine sumptuously on Black olive and anchovy stuffed chicken breast with sweet potato mash and finish it all off with Pears poached in spiced red wine If these seem miles away from a conventional heart healthy diet that is because Dale believes much modern day dietary advice is wrong Learn his secrets for yourself and eat your way to better heart health *Diabetes* Dale Pinnock,2015-02-12 In this title Dale investigates the explosion in diabetes and attempts to find out why and what you can do about it The book is intended to help relieve both type 1 and type 2 diabetes using nutrition alongside conventional medicine but importantly Dale believes diet alone can heal type 2 diabetes In the first half of the book Dale unpicks the physiology and anatomy of diabetes showing how the modern diet causes insulin resistance and ultimately type 2 diabetes But his mission is to correct that and in the second half of the book he provides the delicious tools to do so A chart of low GI foods will help you to get carb smart Start the day with an Avocado and cheddar omelette with spicy salsa or enjoy a speedy Chicken and lentil curry Serve friends Tilapia fillets with pea mint and feta mash and tomato salad or even try a low GI Cheesecake for pudding Learn Dale s secrets for yourself and successfully eat your way to avoiding or relieving diabetes Человек уставший: Как победить хроническую усталость и вернуть себе силы, энергию и радость жизни Сохэр Рокед,2023-05-03 Eat Shop Save Dale Pinnock,2018-06-05 FREE SAMPLER Television tie in Eat Shop Save contains over 80 recipes to restore sanity to the challenges of family cooking Focusing on the time poor in particular these delicious meals will put a smile on the fussiest of eaters and entice families with chapters such as Quick After Work Suppers Favourites with a Facelift and Something Sweet but good for you Food is just the beginning Using smart shopping and meal planning as a basis you ll find tips to get organised save money and free up precious time Weekly meal planners in each chapter help you save money Make your own quicker healthier takeaways Hide vegetables for fussy eaters Become a smart shopper Upcycle leftover ingredients Give classic dishes a facelift We hope you enjoy this free sampler Dale Pinnock Fakeaways Dale Pinnock,2020-01-09 How often do you find yourself reaching for the local takeaway menu or scrolling aimlessly through deliveroo How many homecooked meals do you genuinely prepare per week If your pots and pans are looking grossly underused then this is the book for you Everyone loves a takeaway but we have never been more aware of the impact they can have on our health and our wallets In Fakeaways award winning chef and qualified nutritionist Dale Pinnock shows you how to create healthy alternatives to your favourite takeaways at home From Top Marks Tikka Masala to Vegetable Chow Mein Aubergine Parmigiana Chicken Yakitori and Beginners Sushi to all time classics such as Fish and Chips and Kould Be Fried Chicken a night in has never sounded so delicious Fakeaways brings together 80 of your favourite meals from around the world with nutritional information and creative twists to help you save time and money **Chef medicinal: Digestão** Dale Pinnock,2019-10-14 Nesta publica o o

chef e mestre em medicina nutricional Dale Pinnock esclarece como a escolha de alimentos adequados pode contribuir para controlar ou até mesmo erradicar os problemas digestivos tão frequentes em consultas médicas. O autor aborda na primeira parte do livro a fisiologia do sistema digestivo explicando o funcionamento de cada órgão a fim de que se possa compreender os fatores que desencadeiam distúrbios e o que pode ser feito para saná-los. Em seguida apresenta as doenças digestivas mais comuns como distensão abdominal, constipação, síndrome do intestino irritável, doença inflamatória intestinal e refluxo apontando suas causas relacionando os alimentos mais benéficos e aqueles a serem evitados além de propor um plano de ação nutricional a partir do consumo de nutrientes específicos para cada caso. Na segunda parte há receitas deliciosas e funcionais com os ingredientes mais indicados para cada problema digestivo para que se possa aplicar na prática os conhecimentos descritos no livro. As dicas nutricionais e receitas de *Digest* o alimentos benéficos e receitas para o dia a dia permitem que os leitores façam escolhas alimentares mais conscientes criando para si uma rotina mais leve e prazerosa.

The Wellness Garden

Shawna Coronado, 2017-12-04 Don't sacrifice your garden or green space because you suffer from chronic pain, health issues, or other ailments. The Wellness Garden is your guide. If you love to garden but also worry about the physical strain or if you are in search of ways to promote a healthier lifestyle and even combat specific chronic health issues, then noted garden author and speaker Shawna Coronado has good news for you. You can stay active, fight chronic pain, and keep the garden you've worked so hard to cultivate. In *The Wellness Garden*, her new book from Cool Springs Press, Shawna details exactly how she has learned to use her garden as a key tool in her battle with osteoarthritis and other chronic pain issues. In this inspiring but highly practical book, you will learn from Shawna's life-changing garden experience and see how you can create your own Wellness Garden and gain the healthier lifestyle you desire and deserve.

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