



THE MEDICINAL CHEF

EAT YOUR WAY TO
BETTER HEALTH

Dale Pinnock



The Medicinal Chef Eat Your Way To Better Health

J Spring



The Medicinal Chef Eat Your Way To Better Health:

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 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: 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, 2014 Dale Pinnock has created 80 new tasty recipes for every lifestyle and every time of day From grab and 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 **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 *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: 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

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,2021-06-10 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 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

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 **Eat Shop Save** Dale Pinnock,2019-07-23 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** **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 at mesmo erradicar os problemas digestivos t o frequentes em consultas m dicas O autor aborda na primeira parte do livro a fisiologia do sistema digest rio explicando o funcionamento de cada rg o a fim de que se possa compreender os fatores que desencadeiam dist rbios e o que pode ser feito para san los Em seguida apresenta as doen as digestivas mais comuns como distens o abdominal constipa o s ndrome do intestino irrit vel doen a inflamatoria intestinal e refluxo apontando suas causas relacionando os alimentos mais ben ficos e aqueles a serem evitados al m de propor um plano de a o nutricional a partir do consumo de nutrientes espec ficos para cada caso Na segunda parte h receitas deliciosas e funcionais com os ingredientes mais indicados para cada problema digestivo para que se possa aplicar na pr tica os conhecimentos descritos no livro As dicas nutricionais e receitas de Digest o alimentos ben ficos e receitas para o dia a dia permitir o que os leitores fa am escolhas alimentares mais conscientes criando para si uma rotina mais leve e prazerosa *Chef medicinal: diabetes* Dale Pinnock,2019-10-14 Em todo o mundo o n mero de casos de diabetes tipo 2 vem aumentando em taxas alarmantes e Dale Pinnock o chef medicinal argumenta que nossa alimenta o pobre em gorduras boas e rica em carboidratos refinados est contribuindo para esse surto da doen a Para o autor no entanto nem tudo est perdido ele sustenta a ideia de que por meio da nutri o em paralelo medicina tradicional poss vel minimizar os efeitos da diabetes tipo 1 cong nita e at mesmo reverter a diabetes tipo 2 adquirida Para isso ele tamb m apresenta receitas pr ticas simples e de f cil preparo utilizando ingredientes que ajudam a manter est veis os n veis de a car no sangue Com esta publica o o Senac S o Paulo traz ao mercado mais uma obra de refer ncia que interessa a estudantes e profissionais de gastronomia nutri o e medicina bem como a portadores de diabetes tipo 1 e tipo 2 *Chef medicinal: Doenças do coração* Dale Pinnock,2019-10-14 As doen as cardiovasculares s o a principal causa de mortes no mundo e muitas delas podem ser agravadas por nossos h bitos alimentares Neste livro o chef medicinal Dale Pinnock afirma que algumas das recomenda es sobre alimentos bons para o cora o est o na verdade contribuindo para o decl nio da nossa sa de e revela quais s o os ingredientes que devem ser abolidos da cozinha e quais merecem fazer parte de um card pio realmente saud vel Pinnock apresenta ideias maravilhosamente tentadoras e f ceis para caf da manh almo o lanche e jantar al m de bebidas e sobremesas destacando os benef cios de cada receita para a sa de card aca Com este lan amento o Senac S o Paulo reafirma seu compromisso com a difus o de uma gastronomia de qualidade e que constitua o caminho para uma alimenta o saud vel

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Рокед,2023-05-03 **Chef medicinal: ansiedade e depressão** Dale Pinnock,2019-10-14 No mundo moderno a ansiedade e a depressão são epidemias e crescem em um ritmo alarmante Neste livro Dale Pinnock explica por que e como mudar sua dieta pode aliviar os seus sintomas Ele destrincha a fisiologia e a anatomia da ansiedade e da depressão para revelar como a dieta pode afetar os hormônios que alteram o humor Em seguida mostra como preparar pratos fabulosos para incluir nutrientes poderosos em todas as refeições E não pense que você vai comer salada e tofu para sempre Se comer seu dia com um muffin torrado com salmão defumado espinafre e molho holandês parece bom então esta é a dieta certa para você e copinhos com chocolate crocante farão você sorrir contribuindo para ajudar a aliviar os seus sintomas Lançamento do Senac São Paulo esta obra traz orientações nutricionais completas para fortalecer corpo e mente aliando conhecimento e novos hábitos alimentares sem abrir mão do sabor *Eat Shop Save* Dale Pinnock,2018-07-12 THE SUNDAY TIMES BESTSELLER 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

The Medicinal Chef Eat Your Way To Better Health: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. The Medicinal Chef Eat Your Way To Better Health : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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