



Eat Real Food or Else - A Cookbook for the 21st Century

By: Lien Nguyen, Mike Nichols MD and Chef Charles Vollmar

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WHY ANOTHER COOKBOOK?

There are a lot of cookbooks out there. However, this one stands out because it presents the most up-to-date nutritional information with strong scientific backing. Dr. Nichols has spent decades studying and conducting nutritional research, and his practice has improved the health of thousands of patients. The views he has long advocated on cholesterol, fats, sugars and other important dietary subjects are only now becoming mainstream and acknowledged by the media.

Dr. Nichols is not proposing a fad diet. Instead, he puts food myths and fads into perspective and presents us with accurate information, so that we can decide for ourselves what to eat, based on our individual needs.



Eat Real Food or Else presents a comprehensive system for lifelong health, with tools to make informed food choices, including:

- Nutritional advice based on the broad view of the entire body.
- Simple, yet scientifically accurate explanations of the effects of various foods.
- A wide variety of illustrated step-by-step recipes.
- Perspectives from which to examine the existing diets and the nutritional literature.
- A healthy, natural way for people to reach their healthiest weight.

While it is presented in the form of a cookbook, it is in fact also a nutrition manual: each recipe is accompanied by nutritional information, making the message interesting and lively. The book also contains a science section and an appendix with technical references for those who want to go further.

Eat Real Food or Else is therefore a reference book as well as a cookbook for all occasions.



Eat Real Food or Else is also a beautiful 304-page coffee table book. No effort has been spared to make it a great-looking book on anybody's table, from the silver-embossed black linen hardcover binding and striking dust jacket to its luxurious paper and vivid full-color illustrations.



Eat Real Food or Else advocates a pleasurable way of eating that focuses on whole-body health. Its fundamental principle is to enjoy the widest possible variety of fresh foods, while avoiding those high in sugar and low in nutrients.

Because of the huge complexity of our body, nutrition cannot be reduced to simplistic rules. However, some principles do exist, and some myths must be debunked. The book does not advise a "one-size-fits-all" diet, but rather methods that help readers listen to their bodies and adapt their diets accordingly.

www.eat-real-food-or-else.com

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