



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

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

Hardcover with dust jacket, 304 pages, 8 x 11 inches

Golden Lotus Publishing, Palo Alto, California

ISBN-10: 0986252018

ISBN-13: 978-0986252013

PRAISE FOR EAT REAL FOOD OR ELSE

“A beautiful and entertaining book...artfully laid out with vibrant colors.”



“I would recommend this book to anyone who wants a healthy lifestyle and cares to understand the nutritional value of the foods they eat. *Eat Real Food or Else* is not your typical cookbook, even though it contains wonderful recipes of dishes from diverse cultures. What caught my attention after just reading the first few pages is the concise way the author explains how each type of food affects our health, good and bad, and the importance of a balanced diet. I also appreciate that each recipe contains an explanation of the nutritional value of a key ingredient. I found the book extremely educational as well as very easy to read.”



“*Eat Real Food or Else* is beautifully designed and filled not only with great recipes, but also the very latest in nutritional science. It totally changed my mind about healthy eating. The author has put together an amazing and indispensable guide for anyone who loves cooking and is serious about a healthy lifestyle. And you may be surprised that balanced, nutritious food is not boring. This book should be in everyone’s family kitchen.”



“*Hooray for Eat Real Food or Else!* As a diabetic I have struggled to find a style of eating that keeps my blood sugars checked while allowing me to enjoy eating.... This book provides well-researched common-sense advice about reducing sugars and starches while enjoying a variety of unprocessed, nutritious foods. Each page is chock-full of nutritional information and useful tips. The recipes are fantastic! Particularly helpful to those of us who are reducing sugars and starches are the desserts.... Anyone who wants inspiration on how to change their relationship with food should check out *Eat Real Food or Else!* The cover illustration and the photos are also beautiful.”



“Great book, with a lot of appealing recipes and just the right amount of science thrown in in easily digestible installments.

“This book is not about any fad diet. Rather, the authors remind us of some basic truths that people used to know just a couple of generations ago, before the obesity epidemic. Some of the most up-to-date scientific knowledge is then added to explain where we went wrong in recent decades. So, a great way to learn or re-learn how to eat in a sensible and healthy way.

“One great thing about the book is that it doesn't make you feel that eating healthy has to be boring. Lots of exciting dishes to look forward to. Nothing about the book's recommendations is daunting... the key is to use real, nutrient-rich ingredients to make real food. For those who are ready to improve their diet and their relationship with food, this book offers a very detailed and enticing roadmap.”

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

contact: lien@erfoe.com (650) 387 5708