



**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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## PRESS RELEASE

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# HOW TO EAT YOUR WAY TO HEALTH AND IDEAL BODY WEIGHT (AND ENJOY IT!)

PALO ALTO, Cal., May 9, 2016. *Eat Real Food or Else*, a new cookbook, is collaboration between a chef, a cookbook author, and a physician. It overturns conventional dietary wisdom with delicious-yet-healthy recipes, plus dietary guidelines. This thought-provoking, tasteful book appears as a fancy coffee-table book, a nutrition manual, and a step-by-step cookbook all in one.

As a cookbook, it presents 90 tantalizing recipes for all circumstances, from everyday meals to more festive occasions, that all boast full-color pictures of the step-by-step process as well as of the finished result. The instructions are clear and make the work manageable for novice and experienced cooks alike.

Some recipes, such as “Leeks and Asparagus Soup with Citrus Cream” or “Poached Fish with Caper Sauce,” won’t come as a surprise. Others are more unexpected in a health book, like “Duck Confit”, where duck legs are slowly simmered in fat, or “Swiss Cheese Cookies” primarily made of cheese and butter, or “Fried Radicchio with Garlic Cream,” everybody’s favorite. Particularly helpful are the desserts, which reduce sugars and starches to the bare minimum without compromising on flavor.

All recipes come with sidebars commenting on key ingredients. These small bites of nutritional information sprinkled throughout the book and relevant to the recipe you are preparing make the message lively and easy to digest.

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As a nutrition manual, this book reminds us of some basic truths that were common knowledge just a few generations ago, with up-to-date scientific knowledge tossed in to explain what went wrong in recent decades. A great way to learn or re-learn how to eat in a sensible and healthy way.

None of the book's recommendations are daunting. The key is to use simple, nutrient-rich ingredients from healthful sources to make real food, and stay away from processed foods, starch and sugar.

*Eat Real Food or Else* cuts through the endless mush of confusing and conflicting dietary advice and goes back to basics. Examining research from the last 100+ years, the authors wipe the slate clean of accumulated misconceptions and start afresh, answering such elementary questions as:

- What are the three macronutrients? (Hint: frozen pizza is not one of them.)
- What are their functions in our body?
- What happens when we eat carbs, fats or proteins?
- What is a balanced diet?

The clear, but often surprising explanations on human metabolism are distilled in several short chapters scattered throughout the book.

Author Charles Vollmar is a seasoned San Francisco area chef instructor and culinary health educator; Lien Nguyen is an award winning cookbook writer; Dr. Mike Nichols is a noted lifestyle physician. This combination of talents provides the reader with a uniquely delicious route to health.

From doctor Mike Nichols, “We need to stay away from fad diets and buzz words. Let’s remove the unwarranted fear of food and restore the pleasure of joyful, healthful, colorful eating.”

From chef Charles Vollmar, “Awareness, simply applied, adds quality to our life. Culinary education brings balance, empowerment and enjoyment into people’s daily routine.”

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*Eat Real Food or Else*, ISBN-13: 978-0986252013, is a 304 page 8” x 11” hard cover book, with a dust jacket. Its list price is \$40 and is available through [Amazon](#), [Barnes & Noble](#) online, and distributed by Ingram, Baker & Taylor, and Pathway Book Services.

For more information, or review samples, contact Lien Nguyen , 650-387-5708, [lien@erfoe.com](mailto:lien@erfoe.com)

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