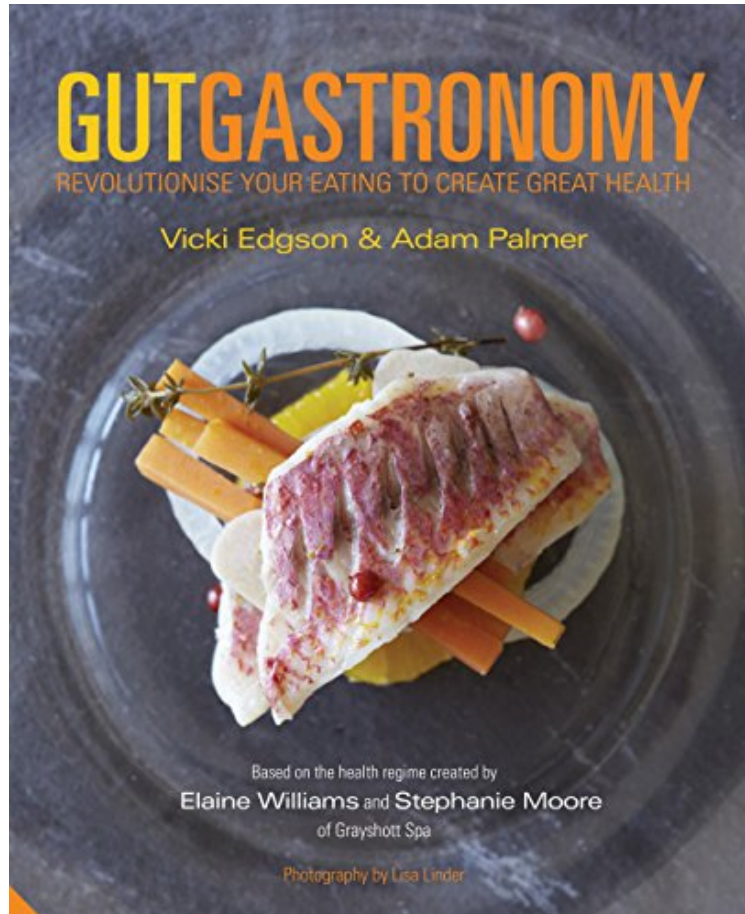


[Free download] Gut Gastronomy: Revolutionise Your Eating to Create Great Health

Gut Gastronomy: Revolutionise Your Eating to Create Great Health

Vicki Edgson, Adam Palmer
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Vicki Edgson, Adam Palmer : Gut Gastronomy: Revolutionise Your Eating to Create Great Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Gut Gastronomy: Revolutionise Your Eating to Create Great Health:

2 of 2 people found the following review helpful. Who has the time...By Filipe MaguejaThis book has some great recipes but the eating plan is very impractical. The first week alone I spent \$400 in groceries, the time and planning needed to prepare the meals makes the plan impossible to follow, unless the only thing you do in life is cook. I bought the book for two reasons, the first was to improve my GI health, the second was because the recipes had a great variety of foods and had a more European style of cooking, which I enjoy since I'm European. I think the principles of the book are great, but can we get a version of the plan that actually fits most people's busy lifestyle. That would be fantastic.0 of 2 people found the following review helpful. Fabulous book - a revelation to me.By ROSALIND RICHOLDThis book will change my life. It is packed with very helpful advice and mouthwatering recipes too. Whow!0 of 2 people found the following review helpful. Five StarsBy Peter J SeidelI love Vicki's books

This innovative book introduces a whole new way of eating with a unique plan developed specifically at Grayshott Spa, one of the world's leading health spas. By focussing on digestive health as a route to true health, the Grayshott Plan helps to boost your energy and rebalance weight safely through a nutrient rich diet that will give you everything you need to face the demands of modern life. The Plan dispels the misguided notion of 'detoxifying' through spartan, punitive regimes and instead focuses on regaining good health by eating the right foods to aid the body's natural detoxification. The Plan can confidently recommend quality grass-fed red meats, fish, eggs, fermented foods, butter, avocado, and organic vegetables. This is not a plan of privation but a sensible and satisfying approach to food that brings you back to feeling great. The first section will introduce you to the Plan and provide information and meal plans for a short-term course to rest and repair your digestive tract. The Post-Plan information will show you more foods to introduce to your diet and keep your gut healthy. The recipe section contains 100 delicious meals split into breakfasts, soups, main meals, vegetable sides, salads and special occasions and includes delicious, satisfying and nourishing meals like: Baked eggs with tomatoes, peppers and chorizo Porchetta with plum and fig chutney Grilled sole fillets marinated in ginger and tangerine Crayfish cakes with coconut and mango and many more

"Based on the findings of Grayshott Spa in Surrey, England, this book showcases a new way of eating healthy that builds on the idea that the gut is the key to restorative health. Edgson (Eating the Alkaline Way), a nutritional therapist and cofounder of the Food Doctor, a nutritional program, and Palmer, the spa's executive chef, take a naturopathic approach to gut cleansing and rebalancing the digestive system. They don't put forth a diet so much as a way of eating, which combines a broad range of healthy foods with intermittent fasting in order to give the digestive system time to heal and repair itself. This is achieved by allocating two nonconsecutive days per week on which food intake is limited, allowing energy to be redirected from digestion to other parts of the body. The authors identify 10 principles that constitute their plan, such as creating healthy gut flora, omitting dairy, and consuming high-quality protein at every meal. They provide a detailed examination of the food groups, such as animal-based proteins, carbohydrates, root vegetables, and fats. While the details of the plan may imply deprivation, the opposite is actually true. Dishes are satisfying and occasionally border on indulgent, such as confit of duck, porchetta with plum and fig chutney, and roasted tamarind, chilli, ginger, and coriander chicken. The authors include wonderful full-color photos, which make these meals even more appealing. For those seeking better health, there is much here to consider and entice." - Publishers Weekly

"Beautifully produced, it is the most inspiringly elegant diet/health plan you could want." - The Bookseller

About the Author VICKI EDGSON has been a practising nutritional therapist for over 15 years, always working alongside medical doctors to create the bridge between allopathic medicine and complementary practices. She has written six books, including bestsellers *Honestly Healthy* and *Honestly Healthy for Life* (both published by Jacqui Small), and was one of the founders of *The Food Doctor*. As well as her busy nutritional therapy consultancy, she runs award-winning retreats both in the UK and abroad. She is a contributing columnist for *Psychologies Magazine* and regularly contributes to national and international newspapers and magazines. She has also co-presented two major television series - *Fat Nation* for BBC1 and BBC3, and *Diet Doctors* for Channel 5.

ADAM PALMER is Executive Chef at Grayshott Spa, where he has worked closely with their dietician to create the Grayshott Health Regime. He has extensive experience in creating recipes for leading spas and has written several books.