

# Download Age Defying Soul Inspired Plant Based Cooking

A culinary memoir--- Age-Defying, Soul Inspired Plant-Based Cooking offers a first person account of the author experiencing health challenges that threatened her quality of life until she took control of those health challenges and overcame them."food as medicine," and the close relationship between good nutrition and good health. She offers numerous dietary solutions to help reduce inflammation, high cholesterol, and other symptoms, yet her recipes are of gourmet quality -- delicious and easy to prepare.Venue: Abundance Food Co-op Rochester native, writer, and champion of food as medicine will join us at Abundance to talk about her journey to health, as told in her book, Age-Defying Soul Inspired Plant-Based Cooking .Age Defying Soul Inspired Plant Based Cooking Ebook Format Apr 22, 2019 Library Publishing By : Zane Grey Media Publishing Buy Age Defying Soul Inspired Plant Based Cooking Read 8 Kindle Store Reviews Amazoncomage Defying Soul Inspired Plant Based Cooking