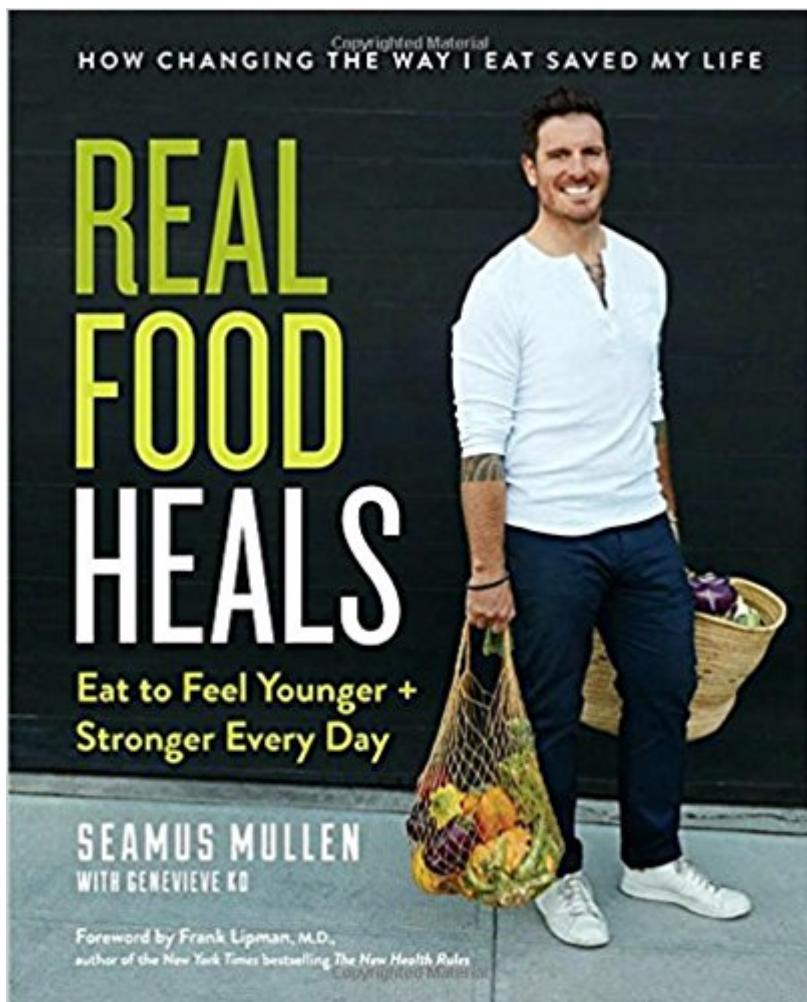


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# Real Food Heals: Eat To Feel Younger And Stronger Every Day



## Synopsis

Healthy cooking reinvented by top chef Seamus Mullen, with over 125 Paleo-inspired recipes designed to revitalize your health every day. In the high-end food world, “healthy cooking” has long been taboo. But as one of the only high-profile chefs today guided by the understanding that the food we eat has a deep impact on our health, Seamus Mullen has rewritten the old rule that healthy can’t be delicious. Seamus’s powerful transformation came out of his own health crisis—after a near-death experience brought on by autoimmune disease he’d struggled with for years, he radically changed the way he cooked, both at his restaurants and at home. As a result, the biomarkers of disease disappeared and the constant trips to the ER he experienced while he was sick have come to an end. But what Seamus has been surprised to discover is that this new way of eating—dishes starring real, whole foods such as vegetables and fruits, meats used as garnishes, whole grains, fermented foods, and no refined sugar or gluten—has not only controlled his disease but has also made his body feel younger, stronger, and more energized every day. It is his mission to share his brand of cooking with readers everywhere to inspire them to shift their diets and truly redefine what “healthy eating” can and should be. A powerful manifesto with Seamus’s moving journey at its heart, *Real Food Heals* is packed with 125 easy-to-prepare, Paleo-inspired, and nourishing recipes packed with delicious whole food ingredients, including Kefir Scrambled Eggs with Grated Garlic; Nori Rolls with Olive Oil, Tuna, Avocado, and Sprouts; and Fig Almond Cacao Nib bars. Complete with a 21-day jump-start meal plan, this unique cookbook will help everyone prepare healthy, irresistible food with big flavors every day and put them on the path to total wellness.

## Book Information

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## Customer Reviews

Ã¢ ¸“Seamus MullenÃ¢ ¸â„¢s journey to wellness is inspiring, and he believes deeply that food canÃ  heal. But as a chef first, Seamus wonÃ¢ ¸â„¢t eat anything that doesnÃ¢ ¸â„¢t taste delicious! This cookbook brings those passions together and is a must-have for your cookbook shelf. The recipesÃ  will excite you and forever change the way you cook.Ã¢ ¸â•Ã¢ ¸â• Gwenyeth PaltrowÃ¢ ¸â“As an avid runner and fellow chef, I'm excited by the way Seamus combines his passion for food with his commitment to a healthy lifestyle. These delicious recipes will fuel you and leave you satisfied at the table.Ã¢ ¸â•Ã¢ ¸â• Marcus Samuelsson, Restaurateur/Chef of Red Rooster Harlem and Streetbird RotisserieÃ¢ ¸â“The way Seamus has transformed his life through cooking delicious, wholesome, simple food is truly inspiring. Throughout this book it's easy to see his passion for the craft and love for healthful eating,Ã  but also for sharing his knowledge and talent with others.Ã  ¸Ã¢ ¸â“Ã¢ ¸â• Daniel Humm, chef/co-owner Eleven Madison ParkÃ¢ ¸â“Both Seamus and I know what itÃ¢ ¸â„¢s like to have to renegotiate our relationships with diet and eating after being diagnosed with an autoimmune disorder, but we also both know how exciting and empowering it is to reclaim a love of food in spite of this life-change. In Real Food Heals, Seamus teaches you how to cook with ancient, healthful ingredients that heal your body in the immediate and long term.Ã¢ ¸â•Ã¢ ¸â• Danielle Walker, New York Times bestselling author of theÃ  ¸ Danielle Walker's Against All Grain seriesÃ¢ ¸â“SeamusÃ¢ ¸â„¢s story shows us that we can all reclaim our health by fueling our bodies with nutrient-rich foods.Ã  ¸ We can feel strong, symptom-free, and energized every day.Ã  ¸ This delicious collection of simple recipesÃ¢ ¸â• from a renowned chef!Ã¢ ¸â• makes change not only possible, but irresistible.Ã¢ ¸â•Ã¢ ¸â• Terry Wahls, M.D., author of The Wahls Protocol Cooking for LifeÃ¢ ¸â“We love SeamusÃ¢ ¸â„¢s message about the power of real food, and of course thatÃ  healthy food should be absolutely delicious too! SeamusÃ¢ ¸â„¢s story of overcoming illness is nothing short of inspirational and youÃ¢ ¸â„¢ll crave the bold flavors in these easy, everyday recipes and return to them again and again.Ã¢ ¸â•Ã¢ ¸â• Hemsley and Hemsley ¸Ã¢ ¸â“Seamus Mullen is a thriving example that Real Food Heals. Fueled by his jaw dropping transformation and his professional work as an acclaimed chef, Seamus takes us through a practical and enjoyable process of healing we can apply in our daily lives to feel younger and stronger every day.Ã¢ ¸â•Ã  ¸Ã¢ ¸â• Tara Stiles, founder of Strala Yoga" [An] outstanding

collection...Readers interested in transitioning to a healthier diet—particularly those new to the kitchen—are sure to appreciate this terrifically accessible approach."—Publishers Weekly, starred review

Seamus Mullen is an award-winning chef, restaurateur, and cookbook author known for his inventive yet approachable modern Spanish cuisine. He opened his first solo restaurant, Tertulia, in 2011, followed by El Colmado, a tapas and wine bar, in 2013. Seamus has been named "Chef of the Year" by Time Out New York and has been a semifinalist for Best Chef in NYC by the James Beard Foundation three years in a row. He was a finalist on Food Network's The Next Iron Chef and has been featured as a guest judge on Chopped and Beat Bobby Flay. Hero Food was his first cookbook. He lives in New York City.

I really like his first book and I was very excited about this one. However, I am not impressed. There are a LOT of salads in there. Also, a lot of them rely on pork products to give them flavor. I have an allergy to pork and have found that lately there's more and more use of pork products in too many recipes. Yes, I have the option to leave it out, but after you remove that product the recipe left is a simple salad with not a lot of imagination. There are only a handful of recipes that I can do because of that problem. Yes, most recipes are clean, but I really did not want another book on salads. I wanted main dishes, hearty healthy dishes and that is not what the book has.

great book

I was inspired by Chef Mullins story of how he healed his health issues with food. However I felt his cookbook was much too driven by his profession and not realistic for the home cook. I would love to eat some of his dishes at his restaurant, but I will not try to track down white miso, forbidden rice and ramps at my local market. Many of his suggestions and recommendations are based on his experiences as a N.Y. Chef. I live in the desert--there are no farmers markets with great local produce near me. I have never seen a ramp except on TV. He even states in the fish chapter that he actually shopped for fish at a regular market instead of using his restaurant purveyor to see what we regular folks have available to us. He was not impressed. I was disappointed in inability to write recipes that were accessible to a broad audience.

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