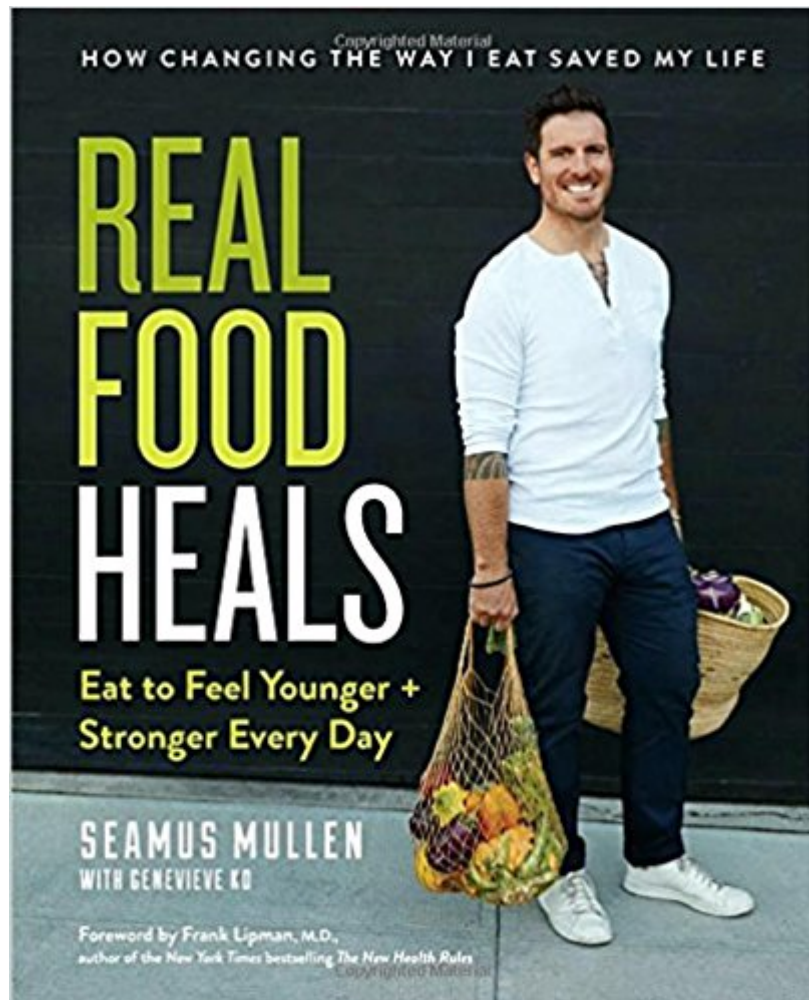




The book was found

# 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

Hardcover: 320 pages

Publisher: Avery; 1 edition (August 22, 2017)

Language: English

ISBN-10: 0735213852

ISBN-13: 978-0735213852

Product Dimensions: 8.4 x 0.9 x 10.3 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 3 customer reviews

Best Sellers Rank: #5,302 in Books (See Top 100 in Books) #23 in Books > Cookbooks, Food

& Wine > Special Diet > Low Carbohydrate #25 in [Books > Cookbooks, Food & Wine > Special Diet > Paleo](#) #37 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

“Seamus Mullen’s journey to wellness is inspiring, and he believes deeply that food can heal. But as a chef first, Seamus won’t eat anything that doesn’t taste delicious! This cookbook brings those passions together and is a must-have for your cookbook shelf. The recipes will excite you and forever change the way you cook.” —Gwenyth Paltrow

“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.” —Marcus Samuelsson, Restaurateur/Chef of Red Rooster Harlem and Streetbird Rotisserie

“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, but also for sharing his knowledge and talent with others.” —Daniel Humm, chef/co-owner Eleven Madison Park

“Both Seamus and I know what it’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.” —Danielle Walker, New York Times bestselling author of the *Danielle Walker’s Against All Grain* series

“Seamus’s story shows us that we can all reclaim our health by fueling our bodies with nutrient-rich foods. We can feel strong, symptom-free, and energized every day. This delicious collection of simple recipes from a renowned chef makes change not only possible, but irresistible.” —Terry Wahls, M.D., author of *The Wahls Protocol: Cooking for Life*

“We love Seamus’s message about the power of real food, and of course that a healthy food should be absolutely delicious too! Seamus’s story of overcoming illness is nothing short of inspirational and you’ll crave the bold flavors in these easy, everyday recipes and return to them again and again.” —Hemsley and Hemsley

“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.” —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.

[Download to continue reading...](#)

Real Food Heals: Eat to Feel Younger and Stronger Every Day Unstoppable Health: 7

Breakthrough Habits to Feel Younger, Grow Stronger, and Enjoy More Energy  
Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger  
Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes)  
Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Eat Smart: What to Eat in a Day--Every Day  
The Real Book of Real Estate: Real Experts. Real Stories. Real Life. Hawaii Real Estate Wholesaling Residential Real Estate Investor & Commercial Real Estate Investing: Learn to Buy Real Estate Finance Hawaii Homes & Find Wholesale Real Estate Houses in Hawaii  
Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic)  
10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3)  
Sleep Soundly Every Night, Feel Fantastic Every Day: A Doctor's Guide to Solving Your Sleep Problems New Anti-Aging Revolution, Second Ed.: Stop the Clock: Time Is on Your Side for a Younger, Stronger, Happier You  
New Anti-Aging Revolution, Third Ed.: Stop the Clock: Time Is on Your Side for a Younger, Stronger, Happier You  
TIME The Science of Exercise: Younger. Smarter. Stronger. 30 Day Whole Food Slow Cooker Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily.  
30 Day Whole Food Cookbook Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily.  
The New Yoga for Healthy Aging: Living Longer, Living Stronger and Loving Every Day Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1)  
How to Look Younger - Get Rid of Eye Wrinkles, Drooping Cheeks and Sagging Jowls Naturally: Six Easy Steps (How to Look Younger - Anti Aging Techniques That Work Book 1)  
The 30 Day Whole Food Challenge: 500 Whole Food Recipes to Lose Weight and Feel Great

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)