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## How to Cook Healthy Recipes: A Beginner's Guide to Kitchen Basics for Healthy, Natural Meals at Home

By Patrick Barrett

Createspace, United States, 2012. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How To Cook Healthy Recipes is a book designed for people who want to take advantage of the many health benefits of home-cooked meals, but who aren't comfortable enough in the kitchen to pull it off. Many of us lead busy lives, and at the end of the day the temptation to save time by eating prepared foods can be overwhelming. Unfortunately, those prepared foods from restaurants as well as grocery stores are more than likely loaded down with undesirable food additives. Remember that food additives?like artificial colors and flavorings, texture enhancers, and stabilizers?are put into foods not for food reasons, but for business reasons. They're designed to make food look more attractive, or last longer on the shelf. These are substances that your body isn't made to handle and doesn't know what to with, and the more you rely on food made by other people, the more likely it is that these undesirable substances are building up in your body on a daily basis. The only way to break this cycle is to...



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