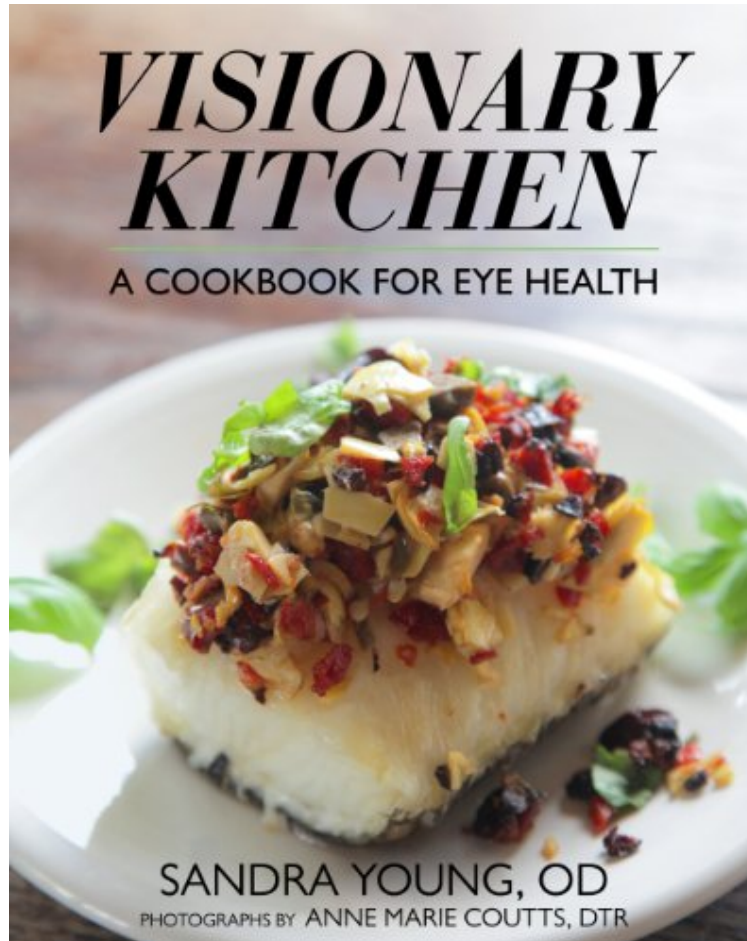


(Download free pdf) Visionary Kitchen: A Cookbook for Eye Health

## Visionary Kitchen: A Cookbook for Eye Health

*Sandra Young OD*

*\*Download PDF | ePub | DOC | audiobook | ebooks*



DOWNLOAD



READ ONLINE

#531255 in Books Sandra Young 2013-10-25 Original language: English PDF # 1 9.90 x .50 x 7.90 l, .0 #File Name: 0615866972240 pages Visionary Kitchen A Cookbook for Eye Health | File size: 44.Mb

**Sandra Young OD : Visionary Kitchen: A Cookbook for Eye Health** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Visionary Kitchen: A Cookbook for Eye Health:

3 of 3 people found the following review helpful. Good health, good taste By Teacher Lady I saw this cookbook at my optometrist's office and thought the recipes looked interesting. Since I like to collect cookbooks, I ordered it. The recipes are very workable, once you acquire some of the herbs and spices that tend not to be in most people's pantries. The ingredients are not strange and difficult to find in regular grocery stores, and they don't require ridiculously complicated preparation. I plan to be using this cookbook on a regular basis. 1 of 1 people found the following review helpful. Good recipes, good pictures, clear directions! By Libby58 Yummy recipes and great pictures. I like pictures of what recipes are supposed to look like. Lots of variation and while we've only tried 8-9 of the recipes, all have rated (our family rates new recipes) 7+. If you are a creative cook, many recipes are adaptable to fit specific dietary needs. 2 of 2 people found the following review helpful. Book has a lot of good information, but the recipes call for too many... By Joann R. Hoogland Book has a lot of good information, but the recipes call for too many thing that I have not

heard of.

**VISIONARY KITCHEN: A Cookbook for Eye Health** by Sandra Young, OD Gourmet, Nutrient Dense Recipes with Eye Nutrient Food Charts Feed Your Eyes! Eating right for your eye health never tasted so good! Eye health and visual performance is supported by proper nutrition through acquiring specific nutrients. Top athletes needing their best visual performance, to those suffering from sight threatening AMD (Age-related Macular Degeneration) will benefit from eating right for their eye health. Personalize your diet using easy-to-use charts listing food sources of eye nutrients. The gourmet, low glycemic impact recipes found in **VISIONARY KITCHEN** meet a wide variety of dietary needs ranging from traditional-fare to vegetarian, vegan, dairy-free and gluten-free. Learn about the role that exercise, lifestyle and proper UV-light protection play in long term eye health.

About the Author Sandra A. Young, OD is an optometrist with a special interest in nutrition and vision. She earned her Doctor of Optometry from Pacific University, College of Optometry, Forest Grove, Oregon, 1984. Dr. Young comes from a long line of chefs and waiters from New Orleans, both French and Italian. She has been cooking in the Mediterranean tradition since before she was 10, both in her family's kitchen and catering for large events. After practicing optometry in private practice and military medical facilities, she began the compelling research in nutrition, vision and prevention of eye disease. She is inspired by current research to potentially curb through nutrition, the devastating eye disease, Age-related Macular Degeneration. **Visionary Kitchen A Cookbook for Eye Health** blends her exceptional cooking skills with her knowledge of current ocular science and research, creating a practical guide for her patients and the public at large. Dr. Young is convinced that healthful meals the entire family will enjoy can be prepared with exceptional taste while supporting ocular health. She is married with two children. She is an avid golfer, enjoys playing tennis and family life.