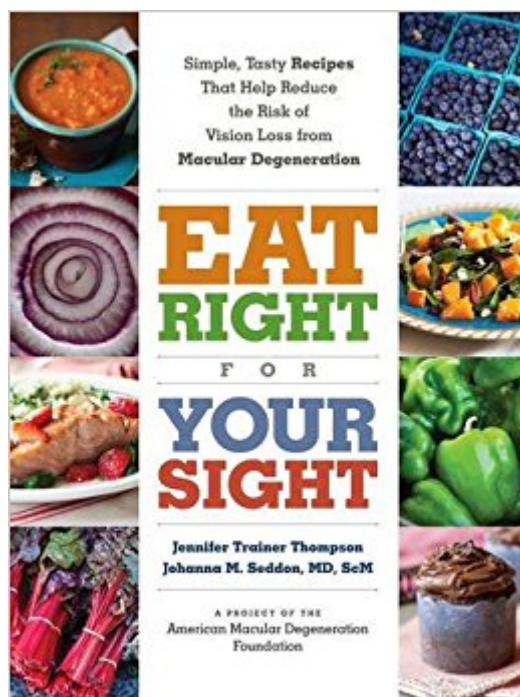




The book was found

Eat Right For Your Sight: Simple, Tasty Recipes That Help Reduce The Risk Of Vision Loss From Macular Degeneration



Synopsis

Safeguard your vision with 85 simple, satisfying recipes rich in the nutrients that fight macular degeneration. The Bad News: Age-related macular degeneration (AMD) is the leading cause of central vision loss in adults over the age of fifty. It can wreak havoc on the ability to see faces, read, drive, and move about safely. Millions of people are at risk, and we still don't have a cure. The Good News: The latest research suggests that healthy lifestyle choices, including a diet rich in lutein, zeaxanthin, and other key nutrients, can delay the onset and progress of AMD. *Eat Right for Your Sight* provides a delicious way to add the best ingredients for eye health to every meal of the day. Feast your eyes on these appealing recipes: Sweet Pea Guacamole, Chicken-Vegetable Noodle Bowls, Garlic-Lime Pork Chops, Carrot-Ginger Juice . . . and more! Every recipe includes comprehensive nutrition information and has been carefully crafted to act like medicine, but not taste like it. Taking care of your eyes has never been easier! With Recipes from Lidia Bastianich, Ina Garten, Jacques Pépin, Alice Waters, Andrew Weil, MD, and other superstars of healthy cooking.

Book Information

Paperback: 240 pages

Publisher: The Experiment; 1 edition (February 24, 2015)

Language: English

ISBN-10: 1615192492

ISBN-13: 978-1615192496

Product Dimensions: 7.5 x 0.7 x 9.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 38 customer reviews

Best Sellers Rank: #88,267 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Eye Problems #852 in Books > Health, Fitness & Dieting > Nutrition #1480 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

"A diet rich in lutein, zeaxanthin and other key nutrients may delay the onset and progress of age-related macular degeneration (the leading cause of central vision loss in adults over 50), and these recipes can help fit eye health into every meal." —Food and Nutrition Magazine "Eat Right for Your Sight is a beautifully illustrated, 240 page compendium comprised of palate pleasing, appetite satisfying, nutritionally enhanced dishes that would be appropriate for any and all dining

occasionsâ" and have the additional benefit of being impressive sources of the kinds of nutrients that healthy eyes and eyesight require.â" •â" Midwest Book Review â"œI often call my medical thrillers â"ˆCook Books,â"™ but Eat Right for Your Sight is a wonderful real one that proves Benjamin Franklinâ"™s adage that an ounce of prevention is worth a pound of cure!â" •â" Robin Cook, MD, best-selling author and physician â"œThis isnâ"™t just a cookbook for eye health, itâ"™s a blueprint for healthy eating in general. I love all the nutrition tips: combine spinach and strawberries to maximize your iron absorption; add roasted squash to hummus puree to boost your vitamin A intake. And it really should be called Eat Right Tonight. There are so many dishes I want to make right now. Grilled Oysters. Pumpkin Pappardelle. Pear and Raspberry Galette. If this is health food, I want to see the light!â" •â" David Joachim, author of Cooking Light Global Kitchen and collaborator on more than 40 other cookbooks

Jennifer Trainer ThompsonÂ is the author of 18 books, including Fresh Fish,Â The Fresh Egg Cookbook,Â andÂ Hot Sauce! Nominated for three James Beard Awards, she has been featured inÂ Martha Stewart LivingÂ andÂ Coastal Living magazines, and she has written forÂ Yankee, Travel & Leisure,Â theÂ Boston Globe,Â andÂ theÂ New York Times,Â among other publications. Thompson is the chef/creator of Jump Up and Kiss Me, an all-natural line of spicy foods. She splits her time between the Berkshires and Buzzards Bay in Massachusetts. Johanna M. Seddon, MD, ScM, is a professor of ophthalmology at Tufts University School of Medicine, and the founding director of the Ophthalmic Epidemiology and Genetics Service at the New England Eye Center, Tufts Medical Center. Her research has earned numerous awards and honors.

I've tried four of the recipes and looked carefully at the others and find they are nothing unusual from how I've been cooking for years. They were good, but nothing outstanding. I guess if I were new to the cooking scene I may have liked this book better. For someone who knows little about eating right and eyesight, this is probably a good book.

I look for recipes in all the time

Great book.

Nothing too exciting here---I keep trying to find a recipe I want to make, but so far nothing!

Informative. Just what my sister and I need to start working seriously on eye health. Got it in record time and it's brand new.

Great book ...Good & delicious recipes

Beautiful photos. Inspiring text. Important information for each recipe. The problem for me about this cookbook is that most of the ingredients are ones that I already eat. They are the same ones--brightly colored vegetables--that prevent heart disease, Alzheimers, inflammation, you name it. The other ingredients have names with which I am not familiar and I don't know where to buy them. They are probably not available in my little town.

Learning a lot!

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

Eat Right for Your Sight: Simple, Tasty Recipes that Help Reduce the Risk of Vision Loss from Macular Degeneration Stop Vision Loss Now!: Prevent and Heal Cataracts, Glaucoma, Macular Degeneration and Other Common Eye Disorders Macular Degeneration: The Complete Guide to Saving and Maximizing Your Sight Sight Words for Kindergarten Coloring Book: Coloring pages with kindergarten sight words to help with sight word practice. (Educational coloring ... and preschoolers with sight word practice) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Blind Faith: Reverse Macular Degeneration Thru Diet & Nutrition How I Beat Macular Degeneration in the Early Stages and How You Can, Too! Overcoming Macular Degeneration: A Guide to Seeing Beyond the Clouds Macular Degeneration: A Complete Guide for Patients and Their Families The First Year: Age-Related Macular Degeneration: An Essential Guide for the Newly Diagnosed Age-Related Macular Degeneration: A Complete Handbook to Understanding and Preventing AMD Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Improve Your Sight-reading! Piano, Level 5: A Progressive, Interactive Approach to Sight-reading (Faber Edition: Improve Your Sight-Reading) Improve Your Sight-reading! Piano, Level 1: A Progressive, Interactive Approach to Sight-reading (Faber Edition: Improve Your Sight-Reading) Improve Your Sight-reading! Piano, Level 2: A Progressive, Interactive Approach to Sight-reading (Faber Edition: Improve Your Sight-Reading) Eat Right! Burn Fat!: Miracle Benefits of Apple Cider Vinegar Diet with Healthy and Tasty Recipes, Rapid Loss Weights Juicing For Weight Loss: 75+ Juicing Recipes for

Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Eye Exercises to Improve Vision: Recover Your Vision Naturally with Simple Exercises (Vision Training)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)