



# The Functional Nutrition Cookbook: Addressing Biochemical Imbalances through Diet

*Lorraine Nicolle, Christine Bailey*

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This unique cookbook with a CD-ROM of printable recipes looks beyond intervening in the symptoms of health problems and addresses the ways in which diet can be used to help correct underlying imbalances in the body.

Dealing with a range of different issues, including gastro-intestinal, immune system and hormone imbalances, this book clearly explains the intricacies of each problem and offers useful tips on how to truly make a difference through diet. The recipes provided for each imbalance are easy to follow and are accompanied by detailed nutritional information. The information throughout the book, including the chapter on healthy ageing, is designed for clients who wish to optimise their health, whether or not they are currently facing health problems.

With its focus on a personalised approach to helping people through diet, this book is an invaluable resource for nutritionists, health professionals and their clients.

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