



# **The Healing Foods Cookbook: Vegan Recipes to Heal and Prevent Diabetes, Alzheimer's, Cancer, and More**

*Gary Null*

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America's love affair with pro-inflammatory sugars, fats, animal proteins, preservatives, additives, and high-temperature cooking has given rise to devastating health consequences. As rates of chronic degenerative disease surge around the country, it's more important than ever to dispel the myths surrounding a plant-based diet and get people excited about choosing foods that truly can be both nutritious and gourmet.

Gary Null has witnessed people make remarkable improvements in their health by eating a plant-based, pure foods diet, including individuals going from diabetic to nondiabetic and reversing the symptoms of autoimmune disease. Here are recipes and specific nutrient supplementation protocols for some of the most important health issues facing Americans today: diabetes, cognitive diseases, obesity, pain, cancer, allergies, and aging.

Recipes include:

Fettuccine asparagus Alfredo  
Fusilli with eggplant, broccoli rabe, and garlic  
Grilled tomatoes with tarragon  
Sesame amaranth polenta  
Spaghetti and shiitake saffron tomato sauce  
Thai macadamia noodles

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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