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# The Functional Nutrition Cookbook: Addressing Biochemical Imbalances through Diet

*By Lorraine Nicolle, Christine Bailey*



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**The Functional Nutrition Cookbook: Addressing Biochemical Imbalances through Diet** By Lorraine Nicolle, Christine Bailey

This unique cookbook with downloadable PDFs 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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### **Editorial Review**

#### **Review**

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 and recipes on how to make a difference through diet. -- International Therapist There's nothing I didn't like about the design or content of the book. Sure we are used to cookery books having lavish graphics and pictorial content - The Functional Nutrition Cookbook doesn't provide this, it is aimed at those who value substance over design. Our copy is up alongside Jamie, Lorraine, Anjum and Rick's books, but it'll be used to plan our family's meals just as often as the classic cook books. -- Donald Scott I am personally very delighted to find a book with so many useful and relevant recipes under one cover, I cannot be alone in spending far too much time hunting down suitable meal options for complex requirements... It will certainly get a lot of use in my practice and can highly recommend it for any practitioner's bookshelf. -- The Nutrition Practitioner This unique cookbook with downloadable PDFs of printable recipes looks beyond intervening in the symptoms of health problem and addresses the ways in which diet can be used to help correct underlying imbalances in the body... designed for clients who wish to optimise their health, whether or not they are currently facing health problems... an invaluable resource for nutritionists, health professionals and their clients. -- Embody Magazine In the transition from recommendation to action, people need a 'road map' to help them make relevant and meaningful changes. The authors of this book have pulled together fantastic systems-orientated therapeutic meal options that will complement or independently propel individuals towards their goal of nutrition-orientated optimal health. Practitioners of functional medicine and others will cherish this book, as it solves the question: so what CAN I eat, and how do I make it tasty, healthy and family friendly? -- Michael Ash BSc, DO, ND, F.DipION, osteopath, naturopath, nutritional therapist and managing director of Integrated Health Consultancy Ltd Integrating nutrition science with Functional Medicine through an evidence-based approach, this highly practical book is an excellent resource for any nutrition-oriented healthcare practitioner helping individuals make dietary changes to support their health. Combining simple advice with delicious, nutritious recipes suitable for all, it's certainly a book to reach for in the kitchen on a daily basis. -- Jane Nodder, senior lecturer, clinic tutor and nutritional therapist All the foods we consume affect our function in a positive or negative way. This health promoting recipe book will be an invaluable tool for health practitioners and their patients to identify foods that have a positive function. It is full of delicious recipes which specifically target the nutritional imbalances associated with key body systems that are the underlying cause of many health conditions. This functional approach to eating and lifestyle deals with the root cause of disease, not just the symptoms. -- Ken Eddie, managing director of Nutri., leaders in the field of Functional Medicine education This is a cookbook that has just been waiting to happen. A great practitioner companion to Biochemical Imbalances in Disease. The well-referenced text helps practitioners to readily justify nutrition recommendations for their clients in an evidence-informed manner, and guide them towards reading specific chapters and key recipes to support their personalised plan. The brilliance of a functional nutrition cookbook is that as new data emerges it is relatively straightforward to update text and revise recipes in a highly relevant and practical way. Personalised healthcare is here to stay and this cookbook will likely be the first of many that truly attempts to address the importance of diets for the individual rather than the population. -- Kate Neil MSc (Nutritional Medicine) MBANT NTCC CNHC Registered Practitioner, managing director and Head of Quality Assurance, Centre for Nutrition Education & Lifestyle Management

#### **Review**

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 and recipes on how to make a difference through diet. (International Therapist)

There's nothing I didn't like about the design or content of the book. Sure we are used to cookery books having lavish graphics and pictorial content - The Functional Nutrition Cookbook doesn't provide this, it is aimed at those who value substance over design. Our copy is up alongside Jamie, Lorraine, Anjum and Rick's books, but it'll be used to plan our family's meals just as often as the classic cook books. (Donald Scott)

I am personally very delighted to find a book with so many useful and relevant recipes under one cover, I cannot be alone in spending far too much time hunting down suitable meal options for complex requirements... It will certainly get a lot of use in my practice and can highly recommend it for any practitioner's bookshelf. (The Nutrition Practitioner)

This unique cookbook with downloadable PDFs of printable recipes looks beyond intervening in the symptoms of health problem and addresses the ways in which diet can be used to help correct underlying imbalances in the body... designed for clients who wish to optimise their health, whether or not they are currently facing health problems... an invaluable resource for nutritionists, health professionals and their clients. (Embody Magazine)

In the transition from recommendation to action, people need a 'road map' to help them make relevant and meaningful changes. The authors of this book have pulled together fantastic systems-orientated therapeutic meal options that will complement or independently propel individuals towards their goal of nutrition-orientated optimal health.

Practitioners of functional medicine and others will cherish this book, as it solves the question: so what CAN I eat, and how do I make it tasty, healthy and family friendly?

(Michael Ash BSc, DO, ND, F.DipION, osteopath, naturopath, nutritional therapist and managing director of Integrated Health Consultancy Ltd)

Integrating nutrition science with Functional Medicine through an evidence-based approach, this highly practical book is an excellent resource for any nutrition-oriented healthcare practitioner helping individuals make dietary changes to support their health. Combining simple advice with delicious, nutritious recipes suitable for all, it's certainly a book to reach for in the kitchen on a daily basis. (Jane Nodder, senior lecturer, clinic tutor and nutritional therapist)

All the foods we consume affect our function in a positive or negative way. This health promoting recipe book will be an invaluable tool for health practitioners and their patients to identify foods that have a positive function. It is full of delicious recipes which specifically target the nutritional imbalances associated with key body systems that are the underlying cause of many health conditions. This functional approach to eating and lifestyle deals with the root cause of disease, not just the symptoms. (Ken Eddie, managing director of Nutri., leaders in the field of Functional Medicine education)

This is a cookbook that has just been waiting to happen. A great practitioner companion to Biochemical Imbalances in Disease. The well-referenced text helps practitioners to readily justify nutrition recommendations for their clients in an evidence-informed manner, and guide them towards reading specific chapters and key recipes to support their personalised plan. The brilliance of a functional nutrition cookbook is that as new data emerges it is relatively straightforward to update text and revise recipes in a highly

relevant and practical way. Personalised healthcare is here to stay and this cookbook will likely be the first of many that truly attempts to address the importance of diets for the individual rather than the population. (Kate Neil MSc (Nutritional Medicine) MBANT NTCC CNHC Registered Practitioner, managing director and Head of Quality Assurance, Centre for Nutrition Education & Lifestyle Management)

#### About the Author

Lorraine Nicolle MSc is a nutrition practitioner with a regular clinic at a London-based natural health centre. Lorraine is also a nutrition lecturer and module leader on degree and post-graduate courses at British universities. In addition, she works with a healthcare company, writing and delivering nutrition education sessions for healthcare practitioners; and she runs workplace nutrition programmes for businesses. For more information, see [www.lorainenicollenutrition.co.uk](http://www.lorainenicollenutrition.co.uk). Christine Bailey MSc is a nutritional practitioner, an experienced, trained chef, food and health consultant and cookery writer with over sixteen years of experience. She works with many food and healthcare companies undertaking recipe development, nutritional consultancy and provides training and support for the corporate sector. She is the author of many recipe and health books and is a regular contributor to a range of national health, food and fitness magazines. She has a regular clinic in Reading and London and is a regular lecturer and module leader on university-validated undergraduate and postgraduate courses. See [www.advancenutrition.co.uk](http://www.advancenutrition.co.uk).

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