



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

*By Gary Null*



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

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

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

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### **Editorial Review**

#### **About the Author**

Gary Null, PhD, is an internationally renowned expert in the field of health and nutrition, the author of more than seventy books on healthy living, and the director of more than one hundred critically acclaimed full-feature documentaries. He is the host of The Gary Null Show, the country's longest-running nationally syndicated health radio talk show. He lives in New York, New York."

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