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# Pure And Simple: A Natural Food Way Of Life



## Synopsis

In *Pure and Simple*, Pascale Naessens shares her method for staying happy, healthy, and slim, with more than 60 recipes. She recommends a lifestyle that embraces only natural, unprocessed foods, but she is not advocating for a diet dominated by restrictions. Instead she celebrates delicious meals, pleasure, and health. Her approach has only one rule—no carbohydrates with protein. So, you can eat anything you want, but not together. She works with a basic series of food combinations: meat or fish + vegetables; carbohydrates + vegetables; or dairy + vegetables. And her mouthwatering recipes for appetizers, mains, and desserts make adopting this eating style entirely uncomplicated. You don't need to count calories or restrict portion sizes. If you are overweight, you will lose the extra pounds. You will cook delicious food simply and easily. You can drink wine. You will be satisfied. And you will enjoy your food with relish.

## Book Information

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## Customer Reviews

“Forget calories, focus on food quality, and let your body do the rest! Pascale Naessens shows how to put this prescription into practice with delicious recipes in her beautiful book *Pure & Simple*.” — (David S. Ludwig, MD, PhD, author of *Always Hungry?*)

Pascale Naessens is Belgium's bestselling cookbook author whose six books have sold more than 1.5 million copies combined. Dr. Remko Kuipers is a physician and pharmacist who is an expert on evolutionary medicine and nutrition.

As far as it concerns food and cooking, she is a woman the American Society can use very well.

This is a delightful book full of new insight and interesting ideas. The author states, "This book is a reflection of my hunger to live a good life." She goes on to say, "The best moments in life often occur at the table." It is obvious that she wants to make this time together, around the table, a time of pleasure and a celebration of the "good life" for which she "hunger[s]". As she puts it, "You're not just cooking, but creating, developing yourself, and feeding yourself and others. And when you use natural, high-quality ingredients, you know that every bite is good for you. You are free to enjoy your dinner without restricting portion sizes or counting calories." This last statement caught my attention. It is an oft repeated one in her book. She is convinced and lives by this mantra. Although not stated, I think that she would agree, that we have taken the joy out of eating by making it about calories and speed. This is what she seems to be saying when she says, "How you eat is no less important than what you eat. If you want to successfully acquire new and healthy eating habits, there are two conditions: the food must be good; and you must feel satisfied after each meal." Her goal is to help her readers understand the food they eat and how they can be better at making it an enjoyable and, even, exciting experience. It all comes down to this one idea, "My one rule: do not eat concentrated carbohydrates with concentrated protein in the same meal. So, you can eat everything, but not together." Finally, as she says, "Healthy eating is not about radical choices; on the contrary, it about finding the right balance." I am not a cook, but I do enjoy food. The author has made even the recipes an enjoyable reading experience. She has beautifully laid out pictures of the various dishes prepared. She also pulls back the curtain. She sprinkles her recipes with "tips" which help the novice chef (and interested reader) know what goes on behind the scenes so to speak. Those little secrets that make it all work.

Pure and simple A natural food way of life by Pascale Nessensis an ABRAMS book released this April 4. What does eating well mean? In the foreword cured by doctor Remko Kuipers the history of the change of relationship between western population and food during last century. The advent of industrialization brought other kind of food on the table of all of us and at first of all on the tables of the Americans. Americans discovered other tastes and not only: they discovered fast food. The old dear slow food, made by healthy ingredients cultivated previously by peasants forgotten. The garden gone, substituted by in general industrial food because of the expansion of cities, work, a different life-style. The result of this change of habits brought serious illness with the decades,

obesity and many other social unhappy problems. Eating well is a responsibility of all of us for aging well, for staying well. Our body is not just our property but a big illness connected with the abuse of food can mean a real tragedy for entire families and radical changes. So let's use responsibility for us and for all our dear ones and let's eat properly. Eating well doesn't mean eating without taste, or eating depressing food, no. It's the opposite because eating well means that the body is healthy and the mind a best, lightest engine. Eating well means also more respect for the same food and for our own body and mind, with delicious recipes, healthy and truly good! With this book Pascale will help all of us to eat well and remain slim. Pascale was born in Belgium and his cookbooks are real best-seller because I guess she lived "alimentary stress." Healed, she understood which are the main food she wants to eat and which combination are better for us and our body and our mind. At the same time Pascale wants to help us: let's eat what we want without too many sacrifices, and at the same time remaining slim. A dream? Not exactly. Three the main points of this book: share meals with family and friends, don't put on weight and don't stay too much in the kitchen :-). Recipes must be quick and satisfying. In the book the author will analyze the various alimentary combinations and I can tell you that it is interesting. Then these recipes are wonderful! Pictures are stunning with heavenly locations. Divided per chapters, Pascale will introduce us delicious fish recipes, yum! and all the world connected with it, seaweed, shellfish. Then it will be the turn of meat, cheese and vegetables. I thank so badly the author for the chapter fermented vegetables because I found it very helpful! ;-). And... For a breakfast with low carbohydrates don't forget the Fluffy Blueberry Cake inserted in the deserts section or the delicious flourless brownies, just two of the recipes suggested by Pascale. Thanks to Pascale we will discover that food is not just introduction of energy in our body but sharing our joy and happiness with other people, that food is a powerful way for communicating sentiments and for creating great memories impressed forever in the mind and heart of people and the best vehicle for promoting our places, our way of life. Pascale at the end of the book will invite all of you, readers to staying in touch with her and sharing with her your impressions about her recipes and what she said in this book so that connections will be in grade to create a strongest relationship with food-conscious lovers from all the world. I thank NetGalley and ABRAMS for this book.

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