



Joel Robuchon Food and Life

Nadia Volf

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An ode to the art of delicious and healthful cuisine, Food & Life is a new way to understand food: This cookbook may just change your life. Whereas today's fashionable diets create deficiencies and imbalances, and deprive us of part of the joy of living, Food & Life is a celebration of food as an integral part of happiness. World-renowned chef Joël Robuchon offers delicious gourmet recipes balanced for all seasons and all stages of life, and respected acupuncturist and neuropharmacologist Dr. Nadia Volf provides detailed explanations of the nutritional virtues of fruits, vegetables, beans, grains, meats and fish—and their effects on our physical and mental well-being.

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