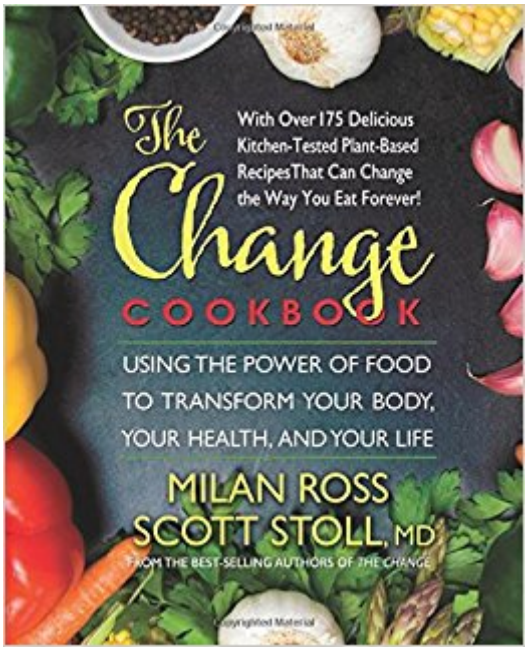
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The Change Cookbook: Using The Power Of Food To Transform Your Body, Your Health, And Your Life



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Synopsis

From the best-selling authors of The ChangeÃ Â comes a new cookbook based on Dr. StollÃ¢â ¬â„¢s Immersion program for weight loss and better health. Imagine dishes that can reduce your cholesterol, lower your blood pressure, boost your immune system, and decrease your odds of getting cancer, type 2 diabetes, heart disease, strokes, and a host of other all-too-common health problems. Now imagine that the dishes are also delicious and easy to make. Here, in this new book, are over 175 recipes that can truly change your life for the better. The book begins by explaining why a diet that emphasizes whole plant-based foods is central to a healthy lifestyle. You then learn how to go about stocking your pantry and equipping your kitchen for success. Following this, the authors guide you in using a handful of simple cooking techniques that will enable you to prepare the dishes presented in the book. Along the way, they provide valuable tips that will smooth your transition from your current way of eating to a diet that will please your palate as it improves your well-being.The next eleven chapters of The Change Cookbook presents over 175 kitchen-tested recipes. Included are satisfying breakfast choices, nutrient-packed juices and smoothies, creamy dips and spreads, taste-tempting sauces and condiments, sensational salads, delectable sandwiches and burgers, fabulous main dishes, hearty one-bowl meals, steaming soups and stews, and creative side dishes. Finally, the authors provide a collection of fantastic desserts, including cookies, pies, fruit crisps and squares, puddings, and much more. Each recipe offers easy-to-follow directions that ensure success, and each dish is as nourishing as it is scrumptious. is divided into two parts. Part One begins with the journey taken by each author to develop such a cookbook.Everyone has the power to restore and maintain good health through a whole food plant-based diet. The Change Cookbook guides the reader in doing so, one satisfying meal at a time.

Book Information

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Best Sellers Rank: #3,520 in Books (See Top 100 in Books) #5 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

Milan Ross was born and raised in Saint Louis, Missouri, and graduated from Central Visual and Performing Arts High School with a passion for the arts. After pursuing a career in the music industry and getting married, his family was faced with a health crisis, which required him to find a job that provided health insurance to cover mounting medical bills. In 2012, Milan walked away from his career in music and took a position with Whole Foods Market. This fateful decision changed not only MilanÃ¢â ¬â„¢s life but also the life of each member of his family.As an overweight individual, Milan was intrigued by the health retreat offered by Whole Foods to its employees in need. He soon applied and was accepted. After attending Dr. Stoll's Immersion program in 2013, Milan lost over two hundred and twenty-five pounds. The story of his dramatic transformation broke nationally on the cover of Vegan Lifestyle Magazine. It has since been featured in several national magazines and highlighted in the feature-length documentary film Eating You Alive. In addition, Milan has developed his own organic health food line, Full Flavor Vegan (www.fullflavorvegan.com).Today, through his many speaking engagements across the United States, Milan has made it his life's mission to help people attain optimal health and change their lives. Milan lives with his wife and son in Highlands Ranch, Colorado, where they are actively involved in serving their church and community.Scott Stoll, MD, received his medical degree from the University of Colorado. He is board certified by the American Board of Physical Medicine and Rehabilitation and specializes in regenerative medicine, utilizing natural treatments, diet, and lifestyle to aid the body in healing chronic disease and injuries. Prior to receiving his MD, he was a member of the 1994 US Olympic Bobsled team, and he currently serves as a physician for USA Bobsled & Skeleton. He is also cofounder of the Plantrician Project and the International Plant-Based Nutrition Healthcare Conference; has served as a member of the Whole Foods scientific and medical advisory board; is athletic team physician for Lehigh University; and is department chairman of Physical Medicine and Rehabilitation at Coordinated Health. Beyond conducting his popular "Dr. Stoll's Immersion" program several times a year, Dr. Stoll is the author of Alive! A PhysicianÃ¢â ¬â„¢s Biblical & Scientific Guide to Nutrition as well as numerous scientific articles, and also contributed chapters to the book Rethink Food. Dr. Stoll can be heard on his daily radio program, Health Minutes, in the Lehigh Valley, on Channel 60 TV's "health minutes," and in lectures nationally and internationally. He has also appeared on The Dr. Oz Show, The Marilu Henner Show, Trinity Broadcasting

Network, and Daystar Television. Dr. Stoll and his wife, Kristen, live in Pennsylvania with their four sons and two daughters, where they, too, are actively involved in their church and community organizations.

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