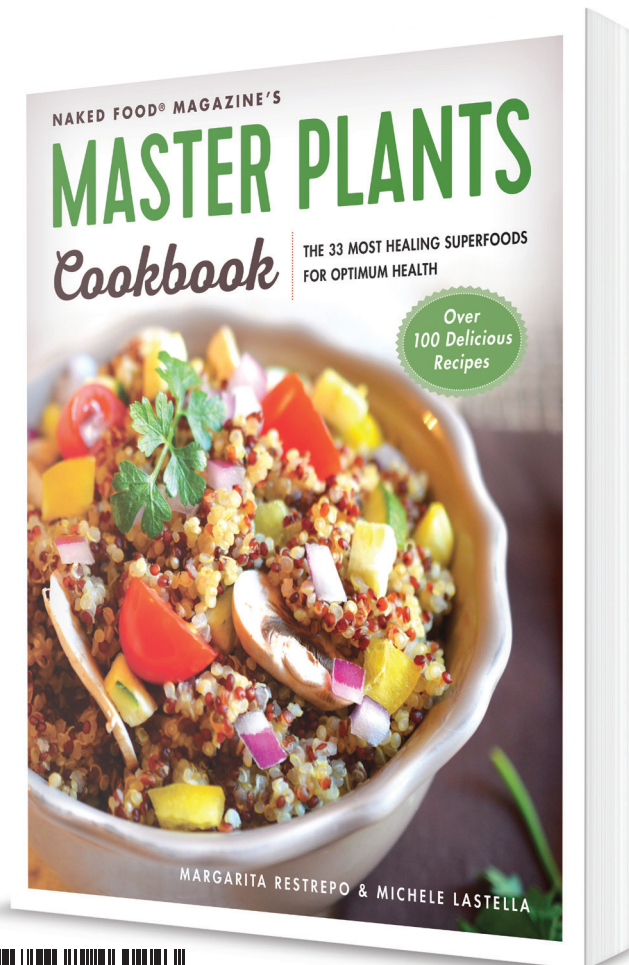


NAKED FOOD® MAGAZINE'S

MASTER PLANTS *Cookbook*

THE 33 MOST HEALING SUPERFOODS FOR OPTIMUM HEALTH



MASTER PLANTS COOKBOOK

The 33 Most Healing Superfoods for Optimum Health
By Margarita Restrepo & Michele Lastella

ISBN: 978-0-7624-6024-3 • EBOOK ISBN 9780762460250
7 3/8" x 9 1/8" • 288 pages • pb w/ flaps • \$24.00/ \$30.99 CAN/ £15.99
Subject Category: COOKING/ Health & Healing

Food isn't just food, it can be medicine! A plant-based, wholefood diet can help prevent and even reverse chronic diseases such as cancer, diabetes, and heart disease while also promoting a healthy weight. Far from being a fad, knowing the health benefits of certain foods has become imperative for many households—but the big question is: "How do I make these foods delicious?" The *Master Plants Cookbook*, compiled by the founder and editor of *Naked Food* magazine and a plant-based chef, features the 33 essential superfoods that can help readers achieve optimum health. Even better, it also offers more than 100 mouthwatering and easy recipes that are detoxifying, anti-allergen, immune-boosting, and weight loss inducing. The *Master Plants Cookbook* will inspire readers to try health-promoting, radiant superfoods—from avocados and beets to sweet potatoes and spinach—and spark a new love for real, organic cuisine that packs a powerful healing punch.



MARGARITA RESTREPO is the founder and editor-in-chief of *Naked Food* magazine (*Naked* stands for New Authentic Kind & Enlightened Diet), which empowers readers to adopt a sustainable, plantbased, whole-food diet for the prevention and reversal of chronic disease. *Naked Food* is supported by leaders in the whole food, sustainable movement including T. Colin Campbell, John Robbins, Caldwell Esselstyn, John MacDougall, David Katz, and Dean Ornish.



MICHELE LASTELLA is a plant-based cuisine chef and founder of Sustainable Society, a media organization focused on developing innovation through ancient knowledge. Both authors split their time between Rome, LA, and Miami.

"Read Master Plants and master your health."

— Neal Barnard M.D., author of *The Get Healthy, Go Vegan Cookbook*

"Master Plants is the book that the food movement has been waiting for." — John Robbins, author of *The Food Revolution and Diet for a New America*

"This is an extraordinary book that makes it clear there is no other way to eat than plant-based."

— Caldwell B Esselstyn Jr., M.D., author of *Prevent and Reverse Heart Disease*



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