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The Midlife Kitchen: health-boosting recipes for midlife & beyond

By Mimi Spencer

MITCHELL BEAZLEY, 2017. Hardcover. Condition: New. Are you at a point in your life where health is becoming more of a priority? Are you confused by ever-changing headlines that contrive to make the simple act of eating a peril rather than a pleasure? The Midlife Kitchen has the answers. Midlife is not a time to be concerned with food fads and foibles, but rather a glorious opportunity to wrest back control of your eating in the interests of health, happiness and a long life. Taste must certainly come first, but with health firmly snapping at its heels, underpinned by well-established nutritional common sense. Busy lives require simple, sustaining recipes that incorporate health-giving ingredients without too much fanfare or fuss. This book is not about 'clean-eating' or super foods, detoxing or restriction. Instead, it is about building up a balanced and diverse diet, with less sugar, better fat and good carbs. Alongside each recipe is the Midlife Kitchen emblem, the star anise. With each of the eight seeds representing a specific Midlife Health category - such as Hormone Harmony; Mind, Memory, Mood; or Heart Health - authors Sam and Mimi are able to provide simple nutritional information. Health tips explain the...


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This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogues are for about if you request me).

-- **Delbert Gleason**

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