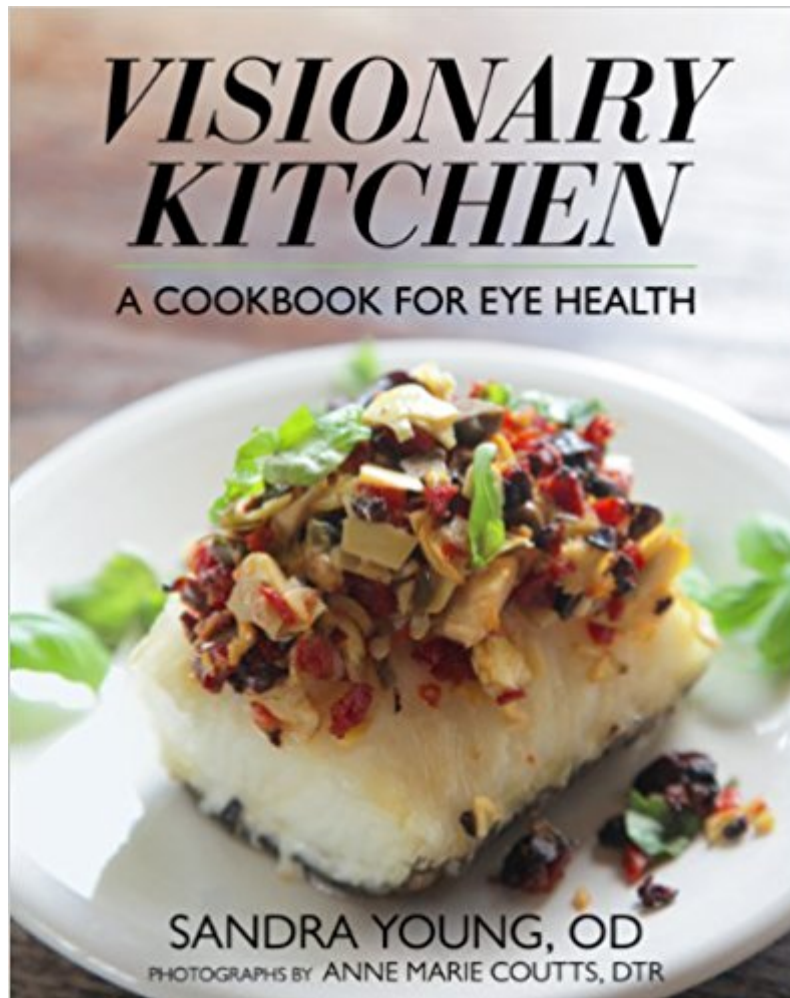




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# Visionary Kitchen: A Cookbook For Eye Health



## Synopsis

VISIONARY KITCHEN: A Cookbook for Eye Health by Sandra Young, OD  
Gourmet, Nutrient Dense Recipes with Eye Nutrient Food Charts  
Feed Your Eyes! Eating right for your eye health never tasted so good! Eye health and visual performance is supported by proper nutrition through acquiring specific nutrients. Top athletes needing their best visual performance, to those suffering from sight threatening AMD (Age-related Macular Degeneration) will benefit from eating right for their eye health. Personalize your diet using easy-to-use charts listing food sources of eye nutrients. The gourmet, low glycemic impact recipes found in VISIONARY KITCHEN meet a wide variety of dietary needs ranging from traditional-fare to vegetarian, vegan, dairy-free and gluten-free. Learn about the role that exercise, lifestyle and proper UV-light protection play in long term eye health.

## Book Information

Paperback: 240 pages

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Average Customer Review: 4.2 out of 5 stars 18 customer reviews

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## Customer Reviews

Sandra A. Young, OD is an optometrist with a special interest in nutrition and vision. She earned her Doctor of Optometry from Pacific University, College of Optometry, Forest Grove, Oregon, 1984. Dr. Young comes from a long line of chefs and waiters from New Orleans, both French and Italian. She has been cooking in the Mediterranean tradition since before she was 10, both in her family's kitchen and catering for large events. After practicing optometry in private practice and military medical facilities, she began the compelling research in nutrition, vision and prevention of eye disease. She is inspired by current research to potentially curb through nutrition, the devastating eye disease, Age-related Macular Degeneration. Visionary Kitchen A Cookbook for Eye Health blends her exceptional cooking skills with her knowledge of current ocular science and research, creating a

practical guide for her patients and the public at large. Dr. Young is convinced that healthful meals the entire family will enjoy can be prepared with exceptional taste while supporting ocular health. She is married with two children. She is an avid golfer, enjoys playing tennis and family life.

I saw this cookbook at my optometrist's office and thought the recipes looked interesting. Since I like to collect cookbooks, I ordered it. The recipes are very workable, once you acquire some of the herbs and spices that tend not to be in most people's pantries. The ingredients are not strange and difficult to find in regular grocery stores, and they don't require ridiculously complicated preparation. I plan to be using this cookbook on a regular basis.

Yummy recipes and great pictures. I like pictures of what recipes are supposed to look like. Lots of variation and while we've only tried 8-9 of the recipes, all have rated (our family rates new recipes) 7+. If you are a creative cook, many recipes are adaptable to fit specific dietary needs.

Book has a lot of good information, but the recipes call for too many thing that I have not heard of.

This book is also written with the user in mind and reaches out to support those of us with macular degeneration in a compassionate and helpful manner. Thanks to both of these awesome women for sharing their expertise with others.

Have enjoyed two recipes I have cooked so far. Nice to get something from a Doctor that doesn't have to be filled by a druggist.

Good. Recipes are good but not as many as I would have liked.

recipes look good. lists of good food for eye health was helpful.

Quick delivery. Extremely informative, lots of recipes.

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(Korean ... Recipes, Asian Recipes, Asian Cookbook 1) The Wills Eye Manual: Office and Emergency Room Diagnosis and Treatment of Eye Disease (Rhee, The Wills Eye Manual) Third Eye Awakening: Guided Meditation to Open Your Third Eye, Expand Mind Power, Intuition, Psychic Awareness, and Enhance Psychic Abilities (3rd Eye, Higher Consciousness, Spiritual Enlightenment) Third Eye: Third Eye, Mind Power, Intuition & Psychic Awareness: Spiritual Enlightenment (3rd Eye, Spiritual Awakening, Psychic Abilities, Mediumship, Pineal Gland) The Eye Book: A Complete Guide to Eye Disorders and Health (A Johns Hopkins Press Health Book) Diary of a Medical Intuitive: One Woman's Eye-Opening Journey from No-Nonsense E.R. Nurse to Open-Hearted Healer and Visionary Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications The America's Test Kitchen Healthy Family Cookbook: A New, Healthier Way to Cook Everything from America's Most Trusted Test Kitchen The Hell's Kitchen Cookbook: Recipes from the Kitchen Indonesian Cookbook: 20 Indonesian Kitchen Recipes (Indonesian Cuisine, Indonesian Food, Indonesian Cooking, Indonesian Meals, Indonesian Kitchen, Indonesian Recipes) The Nutri Ninja Master Prep Blender Whole Food Cookbook: 101 Delicious Soups, Spreads, Entrees, Desserts & Cocktails For Your Ninja Pro, Kitchen ... Ninja Kitchen System Cookbooks) (Volume 2) 45 Lazy Eye Exercises: Eye Patch Exercises To Improve Vision for Those Who Suffer From Amblyopia The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation The Wills Eye Manual: Office and Emergency Room Diagnosis and Treatment of Eye Disease Color Atlas and Synopsis of Clinical Ophthalmology -- Wills Eye Institute -- Glaucoma (Wills Eye Institute Atlas Series) Color Atlas and Synopsis of Clinical Ophthalmology -- Wills Eye Institute -- Retina (Wills Eye Institute Atlas Series)

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