



The Oil-Protein Diet Cookbook

Johanna Budwig

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The Oil-Protein Diet Cookbook Johanna Budwig

A healthy food preparation guide by a seven-time Nobel Prize nominee and Europe's foremost authority on cancer and nutrition.

Contemporary nutritional science owes a great deal to Dr. Budwig's early discoveries on fat metabolism and healing.

This brilliant scientific mind has put together a wonderfully imaginative best seller "cookbook" --a guide for the use of healthy oils in daily meal preparation.

Not only will readers discover over 500 delicious meal possibilities using the healing powers of flax oil, they will also learn more about how "good" fats and "bad" fats impact our health and our lives --as Dr. Budwig continues to elaborate on her scientific studies within the contents of this book.

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