



Vitality for Life
HEALTH CENTER

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As a Naturopathic doctor I counsel patients on proper nutrition on a daily basis. Many patients have food allergies or chronic health concerns, while others simply want to improve their diets and are looking for guidance on how to make better choices. I often use 'detox' programs as a way to kick-start healthy eating, help with weight loss or as a foundation for improving over-all health. The foods that are generally recommended on Detox programs are so different from the standard North American diet that it can leave patients feeling overwhelmed and frustrated. Although a food list is helpful, patients were always looking for actual recipes and meal plans that could help them through the typical 2-3 week detox plan.

When I read Carol Morley's book 'Delicious Detox' I felt I finally had a wonderful tool to recommend to my patients during their programs. Until now it has been very difficult to find recipes and resources that would omit the foods that we deem as 'allergenic' or problematic and therefore should be avoided during detox. I can now confidently recommend Carol's book to my patients during their programs and know that it complies entirely with my own standards in terms of foods allowed during their detoxification. 'Delicious Detox' not only provides my patients with a shopping list and meal plan, but includes many tasty recipes that are full of flavor, color and best of all - are easy to make! This is the type of book that inspires even the novice 'cooks' to experiment with healthy choices and is sure to please even the most picky eaters! For those that are intimidated by cooking whole grains and legumes, this book even has a section on how to get started. An added bonus is the many colorful photos of mouth-watering healthy foods!

I have tried most of the recipes already and would not hesitate to serve them to my family (including small children) or at a dinner party. This is the type of book you want to give as a gift to all your friends and loved ones!

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