



# Seven Pillars of Health: Nutritional Secrets for Good Health and Long Life

*Jay Solomon*

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Bestselling cookbook author Jay Solomon says the quest for a healthy life begins in the kitchen. He believes food has the potential to promote better health, provide energy, offer protection against a host of chronic diseases, and slow down the rate of aging. He also knows that food is one of life's finest pleasures. So in his latest book, ***Seven Pillars of Health***, he provides readers with the tools they need to eat healthy and enjoy food. Pillar by pillar, this enlightened guide takes readers on a journey through the essential principles and virtues of the healthy diet. Each pillar is illustrated with a cornucopia of worldly and simple-to-understand recipes (from savory soups to hearty main courses), kitchen secrets, and good-for-you cooking tips. **Pillar 1: Unleash the Power of Antioxidants** **Pillar 2: Discover the Goodness of Fiber** **Pillar 3: Treasures of the Heart: Secrets of Lowfat, Low-Cholesterol Cooking** **Pillar 4: Exploding the Protein Myths** **Pillar 5: High-Flavor, Low-Sodium Cooking with Herbs, Spices, and Chili Peppers** **Pillar 6: Power Eating with Complex Carbohydrates** **Pillar 7: On the Trail of Phytochemicals: Vitamins of the Future** ***Seven Pillars of Health*** is a comprehensive and integrated approach to eating well and living better. It bridges the gap between the plethora of up-to-date nutritional advice and the enticing world of gourmet cookery. The recipes and cooking advice are gleaned from a culinary career spanning over twenty years in the professional kitchen. **About the Author** Jay Solomon is the best-selling author of *Lean Bean Cuisine*, *Vegetarian Rice Cuisine*, *Vegetarian Soup Cuisine* (all from Prima), and many other popular cookbooks. He is a frequent contributor to *Vegetarian Times* and other magazines. Many relate to his motto, "Healthy eating can be a celebration, not deprivation." He lives in Ithaca, New York.

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