



## 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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