

Spice Up, SLIM DOWN

A guide to adding spice to your diet
to improve health and lose weight

Melina B. Jampolis, MD

with Kristina Petersen, PhD

**INCLUDES
OVER 80
RECIPES**



Melina B. Jampolis M.D and

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Great book with exceptional information! I just wish there were pictures in the recipe section. Perfectly researched and the writing is normally attainable to all readers. I've often heard that spices experienced extra health benefits, but under no circumstances knew for sure. Dr Jampolis presents the scientific study and history of many spices perfectly and that means you know precisely what to buy and how to use it. Looking towards trying some of the recipes! Great book!.. just a personal preference.. The info is great and up to time and the recipes are great! Four Stars Interesting. Healthy reading to healthy eating Love this book. i love the thought of spices and wellness - thanks for composing this Melina.. You dont feel like you are reading a reference book. While I don't need to slim down, I do need to improve my usage of spices beyond salt and pepper. Great small book for reading, reference and recipes! (My hubby is greater at meals enhancing but I'm tired of his teasing me about how exactly bland my cooking preferences - even if he's ideal!! Actually enjoyed reading and utilizing a large amount of the spices specified . An easy read too. Easy and practical ideas bought this after hearing her while a guest on a podcast, Happier in Hollywood. REally enjoyed reading and utilizing a large amount of the spices specified for different health issues. i usually purchase Audible books but wished to have the ability to underline and tag it and make use of as a reference.!) That is an extremely interesting and quick examine, a good reference guide and, up to now, I've loved the quality recipes!!! Good choice!! Recieved promptly and as ordered. Have read most of it... Very helpful in helping me find spices to improve my health, and just how I eat. Has helped my husbands IGe come down over 1000 points! Five Stars great book Five Stars working on modifying recipes - hopefully this will help with weight Easy to follow Great information Not really what I expected. Not really easy for me personally to understand. doesn't take away from the quality! Arrived quickly Healthy cooking ideas How to use spices Health ? Quality recipes are too exotic and not very tasty Health tips Very informative info.



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