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## ***Joyful Cooking in the Pursuit of Good Health: Restore and Heal Through Nutritional Balancing***

Joy Feldman

Joy Feldman (2011)

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Reviewed by Kam Aures for Rebecca's Reads (09/11)

In the first chapter of "Joyful Cooking," Joy Feldman tells the reader that something that we have heard often before: "For a healthy body as well as a clear mind, it is very important to start with high quality ingredients and whole foods. Separating our physical health from the health of the environment, from which we eat our food, is not possible. Because we garner our nutrients from the health of the earth, the health of the animals and plants we eat, our vitality and wellness is closely interrelated. If the soil, plants and animals are not cared for and nourished properly, then the quality of what we consume will be diminished. Consequently, the status of our health will be diminished." (p.23) So, essentially, in a nutshell Feldman's book is about making proper choices in the foods that we allow to enter our bodies. Educating ourselves is the key.

What follows are Feldman's recommendations of foods that should have a key place in our diets and also foods that we should limit. One piece of information that I found surprising was her recommendation to "limit nightshade vegetables" which she lists as tomatoes, eggplants, peppers, and potatoes. Apparently they can cause "inflammatory side effects." I was not aware of this before. Another food that she does not recommend is pork because "it may contain parasites, cysts or eggs" which can cause health problems. I found this to be interesting and actually quite disgusting.

Included in the book are over 100 recipes. Since Feldman had spoken so highly of carrots throughout the book, the first one that I tried was the recipe for "Cinnamon Carrots." It was quite simple consisting of only carrots, butter, and cinnamon. My children absolutely loved them. I had never thought to prepare carrots that way before.

The second recipe I tried was "Mama Joy's Green Eggs- No Ham" which had spinach, milk, eggs, sea salt, turkey bacon, and butter. I made this for breakfast one morning for myself as I had all of the ingredients on hand. I found it to be quite a tasty start to my day.

The third recipe I tried was the "Decadent Baked Apple Surprise." I did add some raisins to this one and found it simple and delicious.

Although there are some recommendations in the book that I won't be incorporating into my diet as they seem a little extreme to me, I will be trying to make some small changes. I think that



Feldman presents a lot of good information in an easy to read and understand format. I recommend this book to anyone who is looking to change their nutritional habits for the better.

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