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The Organic Heart: A Gluten-Free, Dairy-Free, Clean Food Cookbook



Synopsis

At the age of 26, Breanna's husband, Jason, was suddenly and unexpectedly diagnosed with severe heart failure. Following his diagnosis, she set out to regain his health—which she succeeded in doing by completely revamping their diets. In these pages is the story of how Breanna cured her husband, and seventy-five of the clean and delicious, gluten and dairy-free recipes that helped her do so. Recipes include: Sweet Potato Breakfast Sliders BBQ Chicken Zucchini Noodle Bowl Mango-Mint Salsa with Cucumber Chips Honey Cornbread with Jalapenos Roasted Red Pepper and Garlic Hummus Dip Shrimp and Kale Fettucine in a Cauliflower Cream Sauce Sloppy Joe Stuffed Baked Potatoes The first step was to throw out everything in the refrigerator, go grocery shopping, and dedicate one hundred percent of her time, energy, and passion. She wanted to create healthy, nutrient-filled recipes to heal her husband's heart, but would also taste gourmet and savory. She created an Instagram account to document their journey and share with others who might be struggling with their own healthy issues—it was then Breanna realized she could turn what some would consider a tragedy into something truly positive.

Book Information

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Customer Reviews

"This book is an extension of one of the best Instagram accounts out there. The simple but well-imagined recipes prove that luxurious, crave-worthy food can also be incredibly healthy. A must-read for both professional chefs and amateurs." Chef Andrew Gruel, founder and executive chef of Slapfish Restaurant, Food Network judge
"I'm a take-out kind of

girl, but Breeana's Instagram literally turned me into someone who wanted to cook. Eating organic seems like it might limit your options, but The Organic Heart has a never-ending amount of ideas that are filled with flavor, easy to make, and guilt free. Oh and they look beautiful, too.

Erin Foster, actress, comedian, producer "The Organic Heart recipes make healthy eating fun! Both creative and colorful, the food looks as good as it tastes . . . This cook book is a must-have for conscious foodies who enjoy being healthy but also enjoy a hearty meal."

Jenn Bodnar, Editor-in-Chief and Co-Founder of Yoga Digest Magazine

Breeana Pooler is the creator of the popular Instagram account @the_organic_heart and the food blog www.the-organic-heart.com. She combined her love for food and culinary skills to create healing, healthy, and delicious recipes that aided her husband in a complete recovery after being diagnosed with heart failure. It is Breeana's mission to show others the importance of using food as medicine and how easy it is to create healthy meals so you never have to feel deprived. She and her husband Jason reside with their fur-babies Dexter and Sansa in Fullerton, California. James LaValle is a nationally recognized clinical pharmacist, board certified clinical nutritionist, founder of Metabolic Code Enterprises, Inc., educator, and industry consultant in the field of integrative health care. He is the author of 20 books and hundreds of articles, and American Druggist magazine named him one of the "50 Most Influential Pharmacists." He resides in California.

My wife and I ordered four copies of this fantastic book and we are ordering more for our friends who can benefit from improved health and more energy. The amazing thing about this book is Breeana Pooler found her passion along with saving her husband's life through her food plans. Her husband, Jason, improved his heart performance from 9% to 35% (a relative 388% improvement) in three short months, and avoided a heart transplant. The cardiologists were amazed at Jason's unbelievable recovery using food as a medicine..My wife suffers from MS and hopes to also improve her condition by following the plan because she sees a correlation between Breeana's recipes and the ability to repair her body just as Jason did..Further, the book is filled with vivid pictures of Breeana's prepared dishes along with "crisp" and thorough descriptions of easy-to-follow instructions.If there were a grade higher than an "A", I would give it to Breeana - Awesome Job!

I have been following this author on social media since day 1. Her story is inspiring and the meals look incredible!! I can't wait to receive my cookbook and to begin my own journey. Thank you Breeana!

I could not wait to get his cookbook open! A really good buy for those who are beginners in the kitchen, specifically with subbing out dairy! So many wholesome recipes! I would definitely recommend this organic cookbook!

Easy, delicious recipes that a gluten/dairy free novice like me can still appreciate!

I just finished reading the introduction in the it touched me I'm also amazed at how her husband's heart improved. I also finished looking through the book and the recipes look so good I can't wait to try them out.

Loving this cookbook!!! Such delicious food and still healthy!! I have followed The Organic Heart on Instagram and am thrilled to now get the cook book.

Perfect timing...Eddie and I are changing our diet and this will truly help us when we try to add different elements to our cooking. We are so excited to enhance our way of eating to get us healthier. Thank you Breeana and Jason!

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