



# Essential Nourishment

*Marika Blossfeldt*

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## **Essential Nourishment** Marika Blossfeldt

Visually stunning and potentially life-changing, *Essential Nourishment* is a cookbook and nutrition guide fusing an appreciation for the sensual pleasures of natural foods with a sensible approach to nourishment. It is your feel-good guide to living well, one delicious meal at a time, one nurturing action at a time.

The recipes inspire you to create dishes that are both mouthwatering and easy to make. These flavorful, nutrient-dense meals also give you the energy you need to lead an active life for years to come and pursue your passions with enthusiasm and delight.

*Essential Nourishment* helps you to:

- choose food purposefully, making food your friend and not your enemy
- understand how your moods are affected by the foods you eat
- discover how you can stabilize your blood sugar naturally by consciously eating balanced meals
- achieve weight loss -- without counting calories or dieting -- simply by eating great-tasting, nourishing foods

*Essential Nourishment* presents the topic of food from a holistic point of view and encourages you to harness food's nurturing potential by choosing food with awareness and intention. At the same time *Essential Nourishment* is a beautifully designed everyday cooking guide. Each recipe is accompanied by a sensuous photograph - taken at Polli's farm in Estonia, an exquisitely photogenic and serene environment.

*Essential Nourishment* shows you how to shift effortlessly toward a healthy and fulfilling lifestyle. It brings fun to your kitchen, well-being to your body, clarity to your mind and joy to your heart.

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