

## Wirkkochbuch Daniel Reheis Leo Pruimboom

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## Wirk + Kochbuch: Amazon.de: Leo Pruimboom, Martin Rinderer ...

Leo Pruimboom. Leo Pruimboom MSc ist Experte der kPNI, Wissenschaftler, Therapeut und Dozent. Er ist verheiratet mit Fany Alayon, hat mit ihr zusammen drei wunderbare Kinder: Marcela (6), Marco (5) und Monique (1). Es war für ihn ein großes Vergnügen, mit Martin Rinderer und Daniel Reheis zusammen dieses Buch zu schreiben.

## Über die Autoren - Wirk+Koch+Buch

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An in-depth investigation of traditional European folk medicine and the healing arts of witches • Explores the outlawed "alternative" medicine of witches suppressed by the state and the Church and how these plants can be used today • Reveals that female shamanic medicine can be found in cultures all over the world • Illustrated with color and black-and-white art reproductions dating back to the 16th century Witch medicine is wild medicine. It does more than make one healthy, it creates lust and knowledge, ecstasy and mythological insight. In Witchcraft Medicine the authors take the reader on a journey that



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examines the women who mix the potions and become the healers; the legacy of Hecate; the demonization of nature's healing powers and sensuousness; the sorceress as shaman; and the plants associated with witches and devils. They explore important seasonal festivals and the plants associated with them, such as wolf's claw and calendula as herbs of the solstice and alder as an herb of the time of the dead--Samhain or Halloween. They also look at the history of forbidden medicine from the Inquisition to current drug laws, with an eye toward how the sacred plants of our forebears can be used once again.

Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

The sequel to *Pilates: Body in Motion* introduces three step-by-step programs that target specific problem areas of the body--the arms and back, the thighs and buns, and posture and flexibility--with before and after photographs, full-color photographs, and detailed

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instructions. Original.

The assessment of cancer risk is a complex process that requires the examination of etiological agents, real-world environments, and individual rates of exposure. This reference offers practical approaches to determine cancer risk in individuals, groups of exposed persons, and the general public in relation to individual genetic and acquired suscep

Picture a generous bowl filled to the brim with steaming hot broth. Its perfect surface intricately patterned with tiny droplets of oil; the flavour enhanced with algae, miso, dried fungi and fish sauce. Thin and springy noodles nestle in the base, while a sashimi-marinated cut of pork or chicken sits atop, the meat meltingly tender after up to 48 hours of simmering. A bobbing soya-marinated egg and an array of toppings add a colourful finishing touch. Tove Nilsson is a ramen addict. Every time she travels abroad, she is looking for her next ramen fix - a large bowl filled to the brim with steaming hot broth that's been simmering for up to 48 hours; flavours boosted with dried mushrooms, seaweed, miso and dried fish, and many other delicious things. There are few dishes as addictive and universally popular as ramen. From backstreet Tokyo diners to the hottest establishments in

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LA, via the chic laid-back ramen bars of London's Soho, you will find the most complex of flavour combinations, all in a single bowl. Including 50 mouth-watering recipes, from homemade broth and noodles to complementary dishes and sides such as udon, gyoza, pickles, okonomiyaki, and tempura, this cookbook will transport you to the vibrant streets of Japan via your own kitchen.

The Matthew Kenney team, always on the forefront of culinary innovation, offers up their latest techniques and approaches to raw food dining. This cookbook guides you to prepare raw foods in a contemporary, artistic manner utilizing the best ingredients. The recipes are grouped by method: found, let, sprouted, spun, dried, smoked, sealed, cured, pressed, fermented, aged, sweetened, blended, and juiced, and make soups, salads, cheeses, main courses, desserts, and drinks. Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has appeared on the Today Show, the Food Network, and numerous morning and talk shows. He is the author of *Everyday Raw*, *Everyday Raw Express*, *Everyday Raw Chocolate*, and *Everyday Raw Gourmet*. Matthew splits his time between New York, California, and Maine. Meredith Baird is an integral part of the Matthew Kenney team and the Matthew Kenney Restaurant and Academy. She is the author of *Everyday Raw Detox* and assisted in writing and developing recipes for

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Raw Chocolate, Everyday Raw Desserts, and Everyday Raw Express. She lives in Maine and Los Angeles. Scott Winegard recently joined the Matthew Kenney team and oversees the company's kitchens in Los Angeles, Chicago, Oklahoma, and its upcoming Miami project. He has worked as a chef at Angelica Kitchen, Pure Food & Wine, Noma, and Nasturtium where his commitment to fresh, seasonal, and vibrant cuisine was highly noted.

Hugh's River Cottage Veg Every Day! became the UK's best-selling vegetable cookbook, persuading us through sheer temptation to make vegetables the mainstay of our daily cooking. In this much-anticipated follow-up, Hugh delivers more irresistible recipes, and this time, takes things one step further. Fuelled by his passionate belief that plant foods should be the dominant force in our kitchens, Hugh has put cheese, butter, cream, eggs, and refined flour and sugar firmly to one side. Instead, he uses veg, fruit, wholegrains, nuts, seeds, spices and cold-pressed oils to explore the length and breadth of what can be achieved with natural, unprocessed plant foods. River Cottage Much More Veg! makes it clear that unadulterated ingredients are the very best building blocks for delicious and healthy meals. In typical Hugh style, the recipes are easy, utterly foolproof and delicious. All but a handful are gluten-free, and at least half the dishes require 20

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minutes (or less) hands-on work time. With recipes such as Roast squash and chickpeas with spicy apricot sauce, Blackened cauliflower with pecans and tahini, Spiced beetroot, radicchio and orange traybake, Celeriac and seaweed miso broth, Seared summer cabbage with rosemary, chilli and capers, and Baked celery agrodolce, River Cottage Much More Veg! demonstrates how easy it is to make versatile, plentiful and delicious vegetables the bedrock of your diet.

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