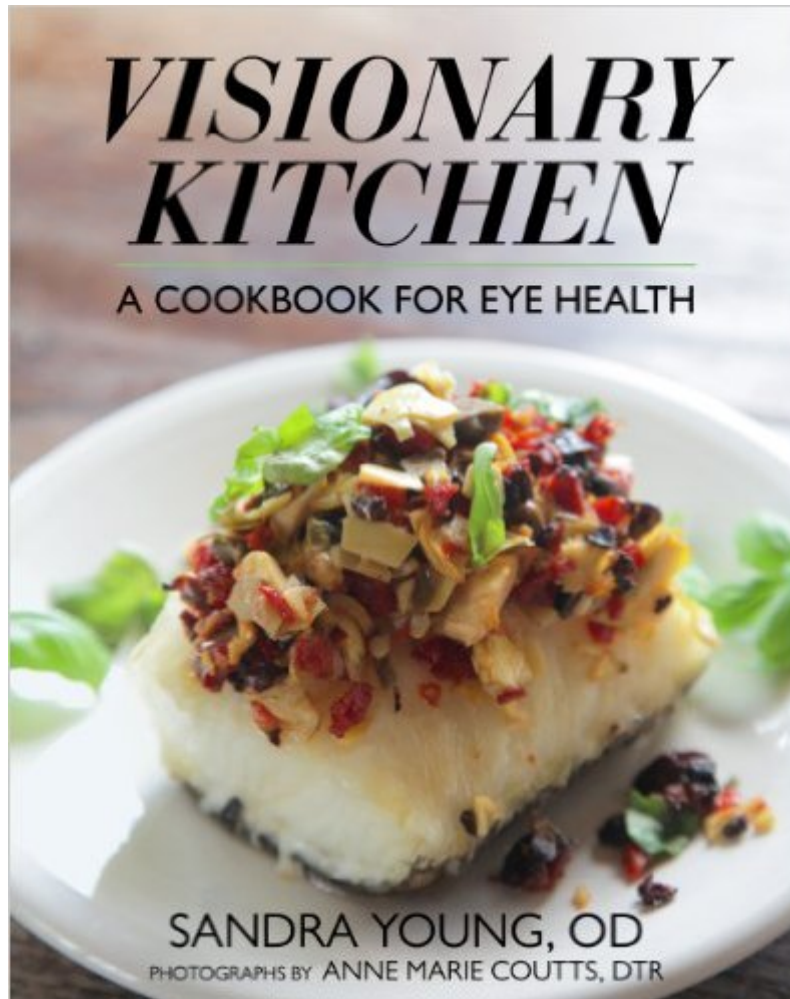


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# Visionary Kitchen: A Cookbook For Eye Health



## Synopsis

VISIONARY KITCHEN: A Cookbook for Eye Health by Sandra Young, OD  
Gourmet, Nutrient Dense Recipes with Eye Nutrient Food Charts  
Feed Your Eyes! Eating right for your eye health never tasted so good! Eye health and visual performance is supported by proper nutrition through acquiring specific nutrients. Top athletes needing their best visual performance, to those suffering from sight threatening AMD (Age-related Macular Degeneration) will benefit from eating right for their eye health. Personalize your diet using easy-to-use charts listing food sources of eye nutrients. The gourmet, low glycemic impact recipes found in VISIONARY KITCHEN meet a wide variety of dietary needs ranging from traditional-fare to vegetarian, vegan, dairy-free and gluten-free. Learn about the role that exercise, lifestyle and proper UV-light protection play in long term eye health.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (15 customer reviews)

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## Customer Reviews

I was diagnosed a few months ago with age-related macular degeneration (AMD). Thankfully I haven't lost vision, and I'm very motivated to keep it that way through any and every lifestyle change that might help and won't hurt. But despite the fact that AMD is rampant, there's not much "out there" on how to do that. Many or most eye doctors say no lifestyle changes will help other than not smoking and taking certain supplements. A friend gave me this book. It contains a wealth of information for optimal nutrition for eye health. The information in the introductory sections alone makes the book worthwhile. For example, I had always assumed that one got more nutrients from raw rather than cooked vegetables. Not so for leafy greens (kale, spinach, collards, mustard) that are so essential for eye health, as cooking breaks down the fibrous walls of these and increases

bioabsorption. The recipes are exciting and inspired. Kudos and thanks for a fine book on a topic of great interest to me!

I purchased this book for my father, who has early stage age-related macular degeneration, then decided to get one for myself as the disease has a genetic, as well as environmental, factor. The recipes I've tried so far have been easy enough to prepare and delicious; anyone with basic cooking skills should be able to prepare most of them. Some of the ingredients were completely new to me, such as annatto seeds, but I've enjoyed introducing new flavors into my diet.

I saw this cookbook at my optometrist's office and thought the recipes looked interesting. Since I like to collect cookbooks, I ordered it. The recipes are very workable, once you acquire some of the herbs and spices that tend not to be in most people's pantries. The ingredients are not strange and difficult to find in regular grocery stores, and they don't require ridiculously complicated preparation. I plan to be using this cookbook on a regular basis.

This is a fabulous cookbook. We keep a copy in the reception room of our optometry practice, and it generates a lot of interest and excitement among our patients. We plan to buy a large bulk order at Thanksgiving to give to our referral sources as a thank-you gift. Dr. Young has done a great job, and she is helping so many individuals preserve and protect their precious eyesight in a delicious and informative way.

Hats off and kudos to Dr. Young. Her understanding of cooking, nutrition, ocular as well as systemic health are brought together in this very well thought out cookbook. Her recipes are easy to follow and execute. This cookbook is a great tool for anyone interested in health and nutrition. Paul Tachau OD

Yummy recipes and great pictures. I like pictures of what recipes are supposed to look like. Lots of variation and while we've only tried 8-9 of the recipes, all have rated (our family rates new recipes) 7+. If you are a creative cook, many recipes are adaptable to fit specific dietary needs.

This book is also written with the user in mind and reaches out to support those of us with macular degeneration in a compassionate and helpful manner. Thanks to both of these awesome women for sharing their expertise with others.

Great recipes and nutrition information, and sumptuous photography of "real food". Good instructions and notes for nutritious and tasty dishes. Found it available at Visionarykitchen.com

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