FULLY NOURISHED

MONTREAL HEALTHY GIRL

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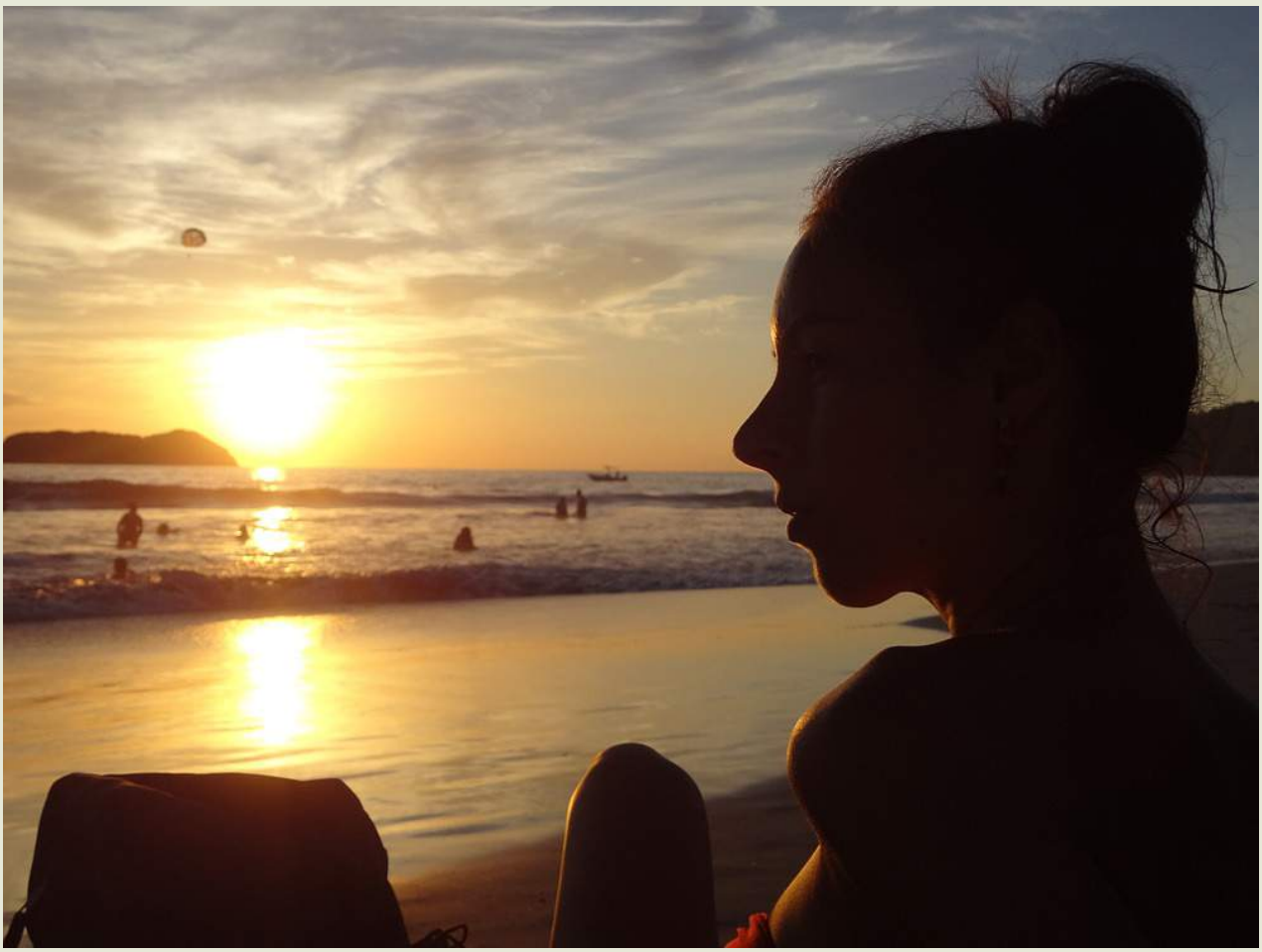
INTRODUCTION

First I would like to begin by sharing with you my motivation for this recipe e-book and a little bit about myself! It's important to me that you know that all of the recipes in this book are made from natural, unprocessed, health-building ingredients meant to nutritionally balance and support the human body. It is equally important that you know that although personal tastes vary, the recipes in this book are flavorful, delicious and incorporate powerful healing spices and seasonings derived from many different cultural cuisines. These ingredients are placed together with pure blissful simplicity for ease of digestion and assimilation. Many of these recipes have been passed down a generation or two and are all regular staples of the personal diet I adopted to help me heal from several chronic debilitating diseases.

I am 27 years old, was raised in a little country town, just west of Montreal. Although not raised themselves that way, my parents adopted a generally healthy way of living in their early adulthood after their own health struggles. As a result, I grew up in a house constantly filled with delicious smells from fresh homemade breads and succulent wholesome meals. Like most of us, once I ventured out on my own, my eating habits and lifestyle choices began to decline, paving the way to the development of many years of chronic health conditions. I have suffered from numerous respiratory infections, depression, anxiety, acne, asthma, digestive disorders and chronic UTI's to name just a few. A week before my 25th birthday, I was diagnosed with Interstitial cystitis, a chronic and incurable bladder disease, which left me in agonizing physical pain and completely broken spiritually.

After months of continued declining health, many more unrelated disease diagnoses and immense disappointment in the medical doctors and natural health practitioners and their lack of answers, I realized I was going to die if I did not learn how to save myself. I dedicated myself to research, to studying food science, nutritional therapy, human anatomy, balancing body chemistry and the physiology of the human self-cleansing and healing process. I sat transfixed to my computer, in libraries and contacting every health professional and specialist around the world who would give me the time of day. The connections I made and what I discovered has irreversibly transformed my life and so my passion for healthy eating, healing and hence this recipe book idea was born.



The details of my particular health problems and the long difficult road I took to finally regain my health would steal all of the pages in this book (see Montrealhealthygirl on Youtube for more about my history), so instead I will just share with you the most significant part of my journey and what I feel is truly what has enabled me to combat my physical ailments: FOOD. The delicious, wondrous, life-enhancing, health-promoting benefits of beautiful natural foods from Mother Earth contain everything our bodies need to heal and mend! Food has become our central focus, every social occasion revolves around it and our deepest belief systems and traditions stem from the roots of the foods we connect to our childhood and the upbringing that crafted who we are today.

Many foods have the immense potential to comfort us, to soothe us, to numb us from our emotional pain and to distract us from our worries. The right foods however also have the ability to nourish and sustain your very existence, to support healthy and quick cellular birth; purifying, detoxifying and healing you of every human health ailment that you could ever face. ‘Food is medicine’- Hippocrates. It truly is a wondrous thing, deserving every moment of admiration and every ounce of gratitude it receives. Nature’s untampered food is perfect and in its perfection; it is able to allow us to achieve ultimate vibrant health, a clear joyous mind, undisturbed homeostasis and abundant inner peace.

As I formulated these recipes for you, I have taken the time to consider the synergistic effects of the best quality foods eaten together and am beyond proud and honored to present you with a diet plan and food lifestyle that will completely sustain you nutritionally while also tantalizing your taste buds. I truly hope you enjoy using this book as much as I have enjoyed writing it for you!