

ENDORSEMENTS

The World's Healthiest Foods is the best book I've seen in 10 years. – **Michael Van Meter, Nutri-books, the leading health book distributor.**

This book is FABULOUS!! It is a fantastic resource to help guide people to delicious healthy eating. An absolutely amazing resource that provides invaluable, crystal clear guidance in capturing the tremendous health promoting effects of food. The delicious recipes perfect for the healthy lifestyle . quick, easy, and highly nutritious.

- **Michael T. Murray, N.D., co-author of the Encyclopedia of Natural Medicine.**

I found the World's Healthiest Foods, Essential Guide for the Healthiest Way of Eating to be fascinating. It's the best source for transforming the latest nutritional science into healthy delicious meals that can improve your health. - **Jeffrey Bland, Ph.D., author of Genetic Engineering**

I am sitting here blown away by the quality of what you've accomplished. The way you've woven together health and cooking is so clearly a "first" of its kind and the presentation (visually) is stunning. May it sell beyond your wildest dreams! – **Buck Levin, Ph.D., R.D., co-author of Staying Healthy with Nutrition, 21st Century Edition: The Complete Guide to Diet and Nutritional Medicine**

“You have written a MASTERPIECE. I have been asked to review and comment on many books over the years. None has ever impressed me more than The World's Healthiest Foods. The book offers the richest feast of information on healthful eating I have ever seen compiled into a single source. George Mateljan's achievement in creating this masterful resource is nothing less than stunning. Keep this book within easy reach, and everything you need to know about eating for optimal health and pure delight—from which foods to choose to how they should be prepared—will be at your fingertips. If every kitchen held a copy of The World's Healthiest Foods, and every cook referred to it often, the health benefits would be dramatic.” **David L. Katz, MD, MPH, FACPM, FACP; Yale University School of Medicine Professor & Director, Prevention Research Center, Nutrition Columnist, O, The Oprah Magazine, Medical Contributor, ABC News; and Health Columnist, the New York Times Syndicate**