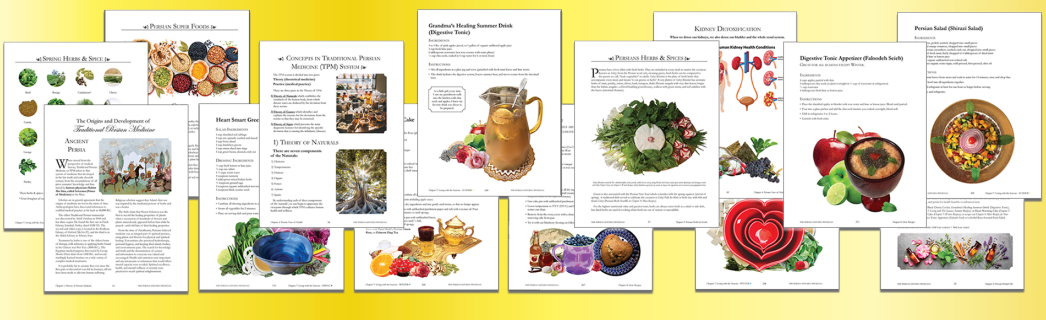
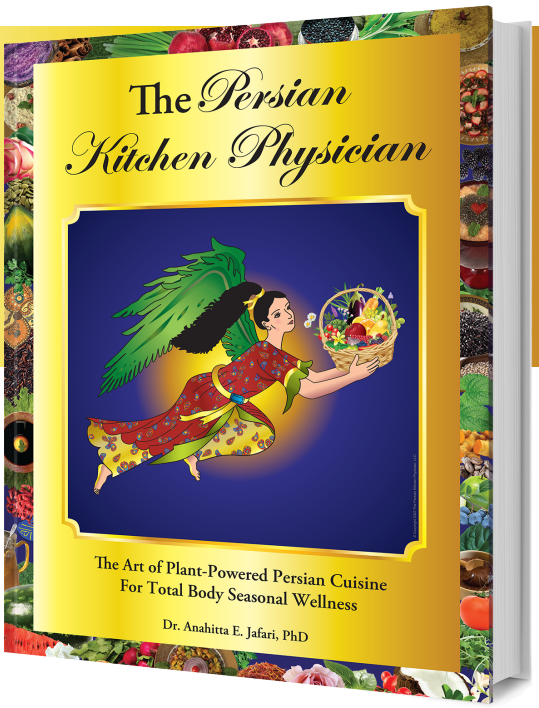
IT'S FINALLY HERE!!!

Embark on a Persian culinary journey to ***maximize nutrition*** with family recipes from renowned 6th-generation Traditional Persian Herbalist!





The *Persian Kitchen Physician*

The Art of Plant-Powered Persian Cuisine For Total Body Seasonal Wellness

Presenting the lifelong work and compilation of family recipes, nutrition, and health information learned and practiced by Anahitta Jafari, Phd. As a 6th generation traditional Persian herbalist, and lifelong practitioner and student of Avicenna's philosophy—the father of early modern medicine and author of *The Canon of Medicine*—Dr. Jafari fills readers with her warm wisdom while sharing the countless health benefits she has learned, practiced, and perfected as a researcher and teacher of Traditional Persian Medicine. She founded and is the Director of Parsi Herbs in Deerfield Beach, Florida, and owner of Kitchen Physician School of Natural Healing Arts and Sciences.

Embark on a culinary journey and discover secrets from ancient times for your modern kitchen. Radiant health starts with a healthy lifestyle—what better way than to indulge in these yummy-licious and nutritious meals! Learn how to maximize nutrition for optimal health benefits through seasonal eating that energizes your lifeforce!

The Persian Kitchen Physician

8.5" x 11", 310 Pages

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★★★★★
5-stars reviews

"I loved reading the history and science behind Traditional Persian Medicine and learning about nutrition. Being gluten-free, dairy-free, and vegetarian, it has been a challenge to find new excitement on my plate. This book not only is a beautiful gem to look at but also provides ample fun in the kitchen for days to come!"
–Carole Fontaine, Author of *Sail Above the Clouds – How to Simplify Your Life.*

"This masterpiece on health and nutrition is a seminal book to have in your library as it provides the perfect tonic for a healthy and wealthy life in terms of balance and energy." –George H. Lewis

"An pure example of the value of traditions. Beyond the interesting recipes... the stories in the book awakened me to the sacred value of traditional medicines. I got a palpable sense of this family's reverence for their personal gifts of knowledge and I marveled at how they knew, without question, that it was their purpose to share these ancient, effective treatments. This author is a 6TH GENERATION practitioner who gracefully holds the torch to keep these traditions alive—because they work. There are even eating plans for the different seasons! Who knew? This book opened my eyes to alternatives that really make sense." –Perkinator, Barnes & Noble

"The Ultimate Guide To Keeping Healthy!!! This book is such a gift to human life... that will make you a superhu-man. Stop looking for ways to heal and buy this book." -James, Barnes & Noble

"I was captivated by the vibrant and enticing visuals... The colorful pictures not only added to the aesthetic appeal but also provided a vivid preview of the delightful culinary journey within. Each image beautifully complemented the well-described recipes, making it a visual and gastronomic delight." -Arlene Jean Baptiste, Barnes & Noble

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