

---

# Healing Cuisine

## “Diet and Health”

- by Meredith McCarty, Holistic Nutritionist (DC, NE)



## Biography



Meredith McCarty is a holistic nutritionist (Diet Counselor and Nutrition Educator), author and speaker. Through her business, Healing Cuisine, she helps people come into balance in their eating habits in order to enhance well-being, or to prevent and recover from disease.

Meredith has taught and lectured internationally since 1977. She has authored three cookbooks including Sweet and Natural, winner of the Versailles World Cookbook Award. She is a former associate editor of *Natural Health* magazine and director of the East West Center for Macrobiotics for 19 years. She has a Senior Certificate in The Art of Cooking

from the East West Foundation in Boston, Massachusetts.

Meredith lives in Mill Valley, California and may be contacted at P.O. Box 2605, Mill Valley, CA 94942, (415) 381-1735, or [meredith@healingcuisine.com](mailto:meredith@healingcuisine.com).

Please visit her website, [www.healingcuisine.com](http://www.healingcuisine.com), for information regarding:

- Nutrition Counseling in person or by phone
- Cooking Classes
- Speaking Engagements
- Cooking Essentials
- Cookbooks
- Upcoming Events
- Diet and Health Issues
- Resources
- Recipes
- Signing Up for the Free Monthly E-Card
- Signing Up for the Health E-Club



## “Diet and Health”

### Healthy eating has a dramatic effect on health, vitality and longevity.

Today eating well means eating a whole foods, plant-based diet, a diet that features the foods that are attracting international attention for their health-promoting and disease-preventing properties. Healing cuisines are the traditional culinary practices of the longest-lived cultures on the planet. They celebrate the extraordinary qualities inherent in whole grains, beans and soyfoods, vegetables from land and sea, and fermented foods. Along with small portions of fruits, nuts and seeds (and smaller amounts of organic animal foods for those who want them), these are the main dish foods that truly satisfy both our senses and our sense of well-being. May you be inspired to use more of these ancient foods that are now the trendiest and most appropriate for today’s health-conscious consumers, fitness enthusiasts and savvy home chefs.

### A whole foods, plant-based diet has been shown to prevent and reverse disease.

The evidence amassed from researchers around the world shows that the same diet that is good for the prevention of cancer is also good for the prevention of heart disease (as well as obesity, diabetes, cataracts, macular degeneration, Alzheimer’s, cognitive dysfunction, multiple sclerosis, osteoporosis and other diseases). This diet can benefit everyone, regardless of his or her genes or personal dispositions. “The finding that made this project especially remarkable is that people who ate the most animal-based foods got the most chronic disease. A whole foods, plant-based diet has been shown to reverse and/or prevent disease.”

*Source: The China Study by T. Colin Campbell, PhD, Nutritional Biochemist, Professor Emeritus at Cornell University, 2005. Called "The Grand Prix of Epidemiology" by *The New York Times*, Dr. Campbell is director of this most comprehensive study of diet, lifestyle and disease ever done with humans in the history of biomedical research. The study was jointly arranged through Cornell and Oxford Universities and the Chinese Academy of Preventive Medicine.*