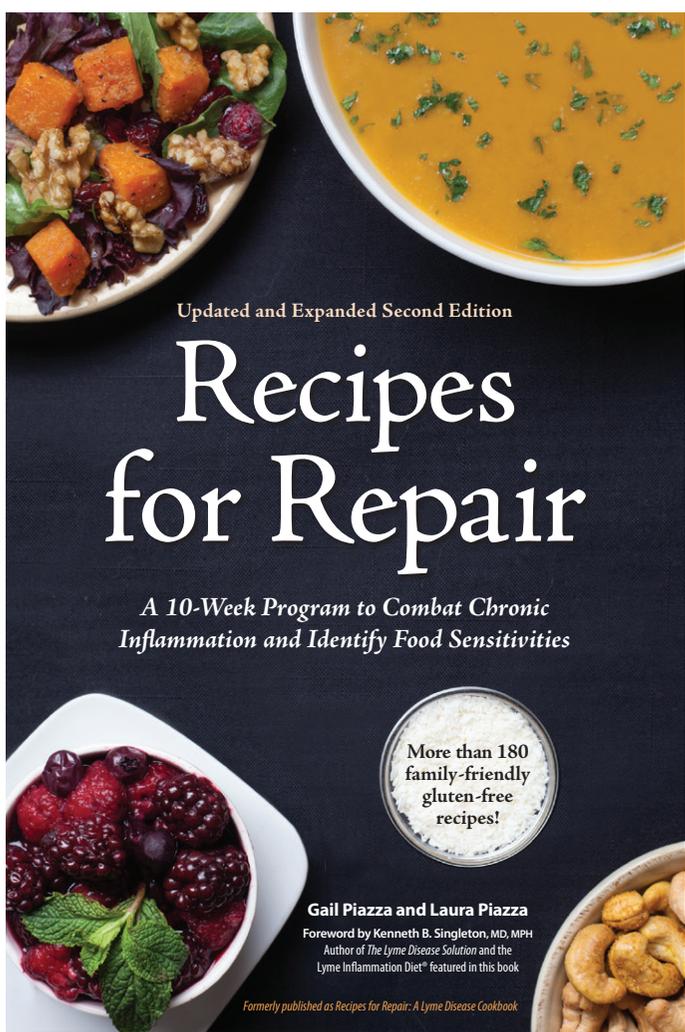


Now Available!

Updated and Expanded Second Edition Recipes for Repair

By Gail Piazza and Laura Piazza • Foreword by Kenneth B. Singleton, MD, MPH



- Over 180 expertly-tested recipes made from all-natural, whole foods provide nutritious and delicious eating for the whole family.
- Includes practical preparation and equipment tips for cooks of any experience level, plus money-saving suggestions that help make healthy eating affordable.
- Each recipe is labeled with icons for quick identification of meals appropriate for vegetarian, dairy-free, egg-free, and/or paleo-compliant lifestyles. And, new this edition, all recipes are gluten-free!
- Comprehensively illustrated with over 75 full-color photographs, the recipes are presented in an attractive, easy-to-read format with easy-to-follow instructions.

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“Thoughtfully curated with an eye toward ease of implementation, these recipes are some of the most powerful tools in the anti-inflammatory kit. As a holistic physician with a nutrition-based practice, I couldn’t recommend this resource more!”

Kelly Brogan, MD, New York Times Best selling author of A Mind of Your Own

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“Coupled with gorgeous photographs, the recipes should appeal to anyone seeking wholesome food. No sense of deprivation here. And no need for the cook to be preparing two different menus for people with a different health status.”

Dorothy Kupcha Leland, LymeDisease.Org

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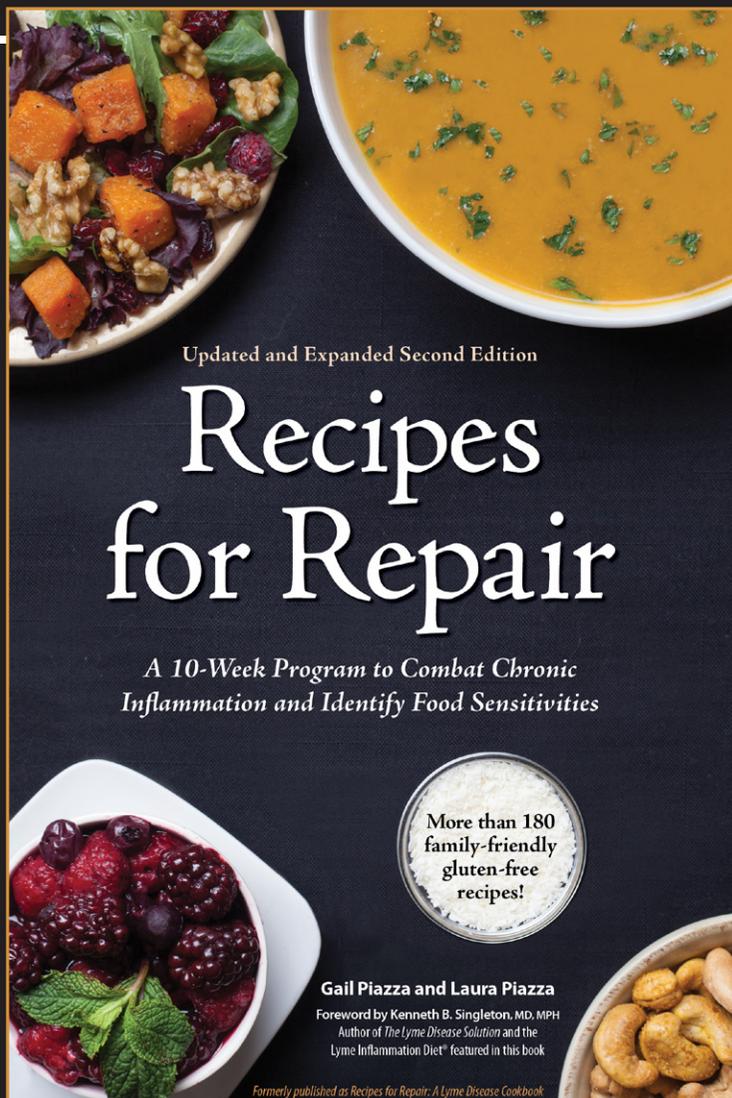
“A healthy, delicious way to eat for just about **anyone**. After following the diet for a week, my joint pain has decreased by 75%. Meanwhile, I have lost 8 pounds without cutting back on calories and feeling hungry. The recipes are easy to follow and the results are phenomenal.”

★★★★★ *Kathryn, Amazon.com reviewer*

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With delicious new **family favorites** like Creamy Asparagus Soup, Chewy Coconut Almond Cookies, Seed Sandwich Thins, Pecan Black Bean Brownies, Kale Chips, Meatloaf, Shepherd’s Pie, Homemade Pasta, Classic Sandwich Bread, Maryland Crab Cakes and Chocolate Banana Ice Cream, **you can’t go wrong!**

Your Complete Guide to the Lyme Inflammation Diet



Updated and Expanded Second Edition

Recipes for Repair

A 10-Week Program to Combat Chronic Inflammation and Identify Food Sensitivities

More than 180 family-friendly gluten-free recipes!

Gail Piazza and Laura Piazza
Foreword by Kenneth B. Singleton, MD, MPH
Author of *The Lyme Disease Solution* and the Lyme Inflammation Diet® featured in this book

Formerly published as *Recipes for Repair: A Lyme Disease Cookbook*

Your Complete Guide to the Lyme Inflammation Diet

"*Recipes for Repair* is an insider's menu for healing. Thoughtfully curated with an eye toward ease of implementation, these recipes are some of the most powerful tools in the anti-inflammatory kit. As a holistic physician with a nutrition-based practice, I couldn't recommend this resource more!"

Kelly Brogan, MD, New York Times Best-selling author of *A Mind of Your Own*

THE DIET. If you experience symptoms of chronic inflammation from Lyme disease, IBS, arthritis, celiac disease or any other inflammatory or autoimmune condition, this doctor developed anti-inflammatory diet can help! Allowable foods are gradually introduced over the first 10 weeks, which will help you to combat inflammation, discover unidentified food sensitivities and ultimately provide you with an individualized nutrition plan.

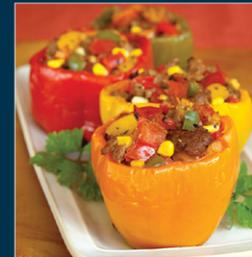
THE RECIPES. You may discover that you have food sensitivities, but we've got you covered. All 182 recipes are made from natural, whole food ingredients—161 are dairy-free, 136 are egg-free and 155 are vegetarian. With delicious professionally-developed family favorites like Sloppy Joes, Chicken Fajitas, Meatloaf, Coconut Chicken Tenders, Chocolate Banana Ice Cream and Honey Nut Bars, no extra meals will need to be prepared while you venture down your path to better health.

New in this updated and expanded edition

- Updated diet guidelines
- 52 new and 25 revised recipes
- 111 Paleo-compliant recipes identified
- All recipes are gluten-free
- A "week zero" preparation phase and a 7-day meal plan to get you started
- Information on how to add cultured foods to your meals

www.recipesforrepair.com

Printed in the USA



The first edition of this book was a bronze medal winner in the Living New Book Awards and a finalist in the USA Best Book Awards

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NEW IN THIS EDITION

- Updated Lyme Inflammation Diet guidelines by diet creator, Kenneth B. Singleton, MD, MPH
- More than 50 new recipes and 25 revised recipes
- 24 more pages of content
- "Week zero" preparation phase and a 7-day meal plan to get you started
- Information on cultured foods and how to incorporate them into your meals

All 180 recipes are made from natural, whole food ingredients—158 are dairy-free, 130 are egg-free, 148 are vegetarian, 106 are Paleo-compliant and all 180 are now gluten-free!



With delicious new **family favorites** like Creamy Asparagus Soup, Chewy Coconut Almond Cookies, Seed Sandwich Thins, Pecan Black Bean Brownies, Kale Chips, Meatloaf, Shepherd's Pie, Homemade Pasta, Classic Sandwich Bread, Maryland Crab Cakes and Chocolate Banana Ice Cream, **you can't go wrong!**

Your Complete Guide to the Lyme Inflammation Diet

The Lyme Inflammation Diet® developed by Kenneth B. Singleton, MD, MPH has helped thousands of patients improve their health since its publication in his 2008 book, *The Lyme Disease Solution*, which devoted a comprehensive chapter to his diet. *Recipes for Repair* is the perfect complement to his book.

- ♦ **Part I** discusses chronic inflammation and describes how its contributors can impact your health and includes a self-assessment tool to help you to determine if you're at high risk.
- ♦ **Part II** describes the four Phases of the diet, allowable foods, food guidelines, the importance of eating organic foods, how to read nutrition labels and more.
- ♦ **Part III** covers both preparation for and implementation of the diet. Divided into sections based on the diet phases, each phase includes a contents page of the recipes for each. Recipe titles have symbols indicating whether a recipe is egg-free, dairy-free, vegetarian and/or Paleo-compliant. And new this issue, 100% of the recipes are now gluten-free!

Dr. Singleton and the authors worked together to update and expand the Lyme Inflammation Diet and produce this beautiful 312-page book that is inspirational in spirit and elegant in presentation. As Dr. Singleton writes in the foreword:

“Gail Piazza and Laura Piazza do a masterful job of developing dozens of delicious and beautifully presented recipes based on the principles of the LID. Food-based healing is possible, and *Recipes for Repair* is a wonderful resource to help you accomplish your healing goals in a way that's highly satisfying to all of your senses.”

About the Authors

Gail Piazza is a home economics consultant with a Master's degree in nutrition. For over forty years, she's developed and tested recipes and styled food for print ads and packaging for an extensive list of high-profile clients. **Laura Piazza**, her daughter and a chronic Lyme disease patient, has been a graphic designer and professional photographer for nearly 20 years.

