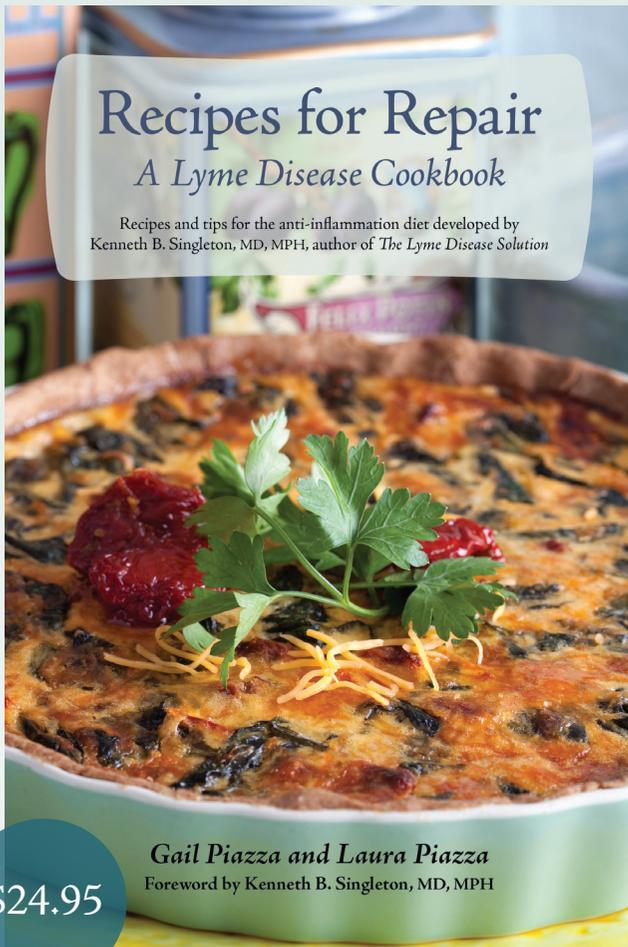


# Recipes for Repair: A Lyme Disease Cookbook

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



- Over 150 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, gluten-free, dairy-free, egg-free and/or low-sugar diets.
- Comprehensively illustrated with over 50 full-color photographs, the recipes are presented in an attractive, easy-to-read format with easy-to-follow instructions.
- While designed to benefit those with inflammatory diseases like Lyme Disease, this book is a valuable tool for anyone who wants to adopt a more healthy way of eating.
- More than 50 new foods have been added to the original Lyme Inflammation Diet®.

## Sampling of Recipes

Poached Eggs Florentine with Béarnaise Sauce  
Coconut Berry Smoothie  
Gluten-Free Blueberry Lemon Muffins  
Breakfast Burritos  
Artichoke Leek Soup  
Veggie Burger  
Roast Rack of Lamb with Mustard Herb Crust  
Iced Minted Raspberry Green Tea  
Seared Peppered London Broil  
Sloppy Joes served on Soft Corn Tortillas  
Cream of Tomato Bisque  
Spinach and Sun-Dried Tomato Quiche  
Vegetable Whole Wheat Pizza  
Peanut Butter Cookies  
Truffle "Brownie" Cake Bars  
Roasted Banana Ice Cream

"I am so excited about *Recipes for Repair: A Lyme Disease Cookbook*. It will serve as a wonderful everyday tool for healthy, nutritious eating. The unique and delicious recipes are designed both to reduce inflammation and to enrich the diet with vitamins, minerals, antioxidants and other vital nutrients for optimal health and recovery from sickness."

Cindy Willard, RN

To order your copy visit: [www.LymeBook.com](http://www.LymeBook.com)

# Recipes for Repair: A Lyme Disease Cookbook

The Lyme Inflammation Diet® (LID) 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: A Lyme Disease Cookbook* is the perfect complement to his book.

- ♦ Part I explains chronic inflammation, and instructs how to incorporate the diet into your life.
- ♦ Part II describes cooking techniques and useful kitchen equipment and defines the beneficial characteristics of many foods that are part of the diet.
- ♦ Part III contains over 150 recipes, divided by diet Phase.

Dr. Singleton and the authors worked together to update and expand the LID and produce this beautiful 288-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: A Lyme Disease Cookbook* 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 thirty 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 thirteen years.



Blueberry Oatmeal Pancakes (Phase 2)



Slow Cooked Pulled Chicken served on No Knead Whole-Grain Sandwich Thins (Phase 4)



Nutty Coconut Delight (Phase 1)