



Pacific Book Review

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Title: *Cooking on the Light Side: Smart Recipes for Bright Skin and Vitality*

Author: Thiênna Ho, Ph.D.

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Genre: Cookbooks/Health/Alternative Health

Reviewed by: Gary Sorkin

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Everyone wants to look and feel good. *Cooking on the Light Side: Smart Recipes for Bright Skin and Vitality* is a revolutionary cookbook that blends health, nutrition and beauty all in one package. Dr. Thiênna Ho writes in a truly modern style, not like *The Joy of Cooking* that mom used to own. Meet the new and improved cookbook that is in tune with the needs for the contemporary society we are living in. It is a visual feast for all of your senses. The photographs are stunning, the recipes are simple to understand, and the tips are actually very helpful.

Learn from the world's leading expert in nutritional skin care health. Thiênna Ho, Ph.D., has created a diet plan with foods high in sulfur to enhance beauty, health, and well-being. I discovered a lot of information regarding sulfur; it is an essential mineral that provides the body with many fundamental building blocks. She writes about all of the benefits

including the "detoxifying" effects on the cells within the human body. She further explains in her book that sulfur aids in healthy skin production and reduces fine lines and wrinkles. It also has been linked for possible anti-cancer effects. Because of the oxygenation of the cells and tissues, which creates an aerobic environment, cancer cells cannot survive. There are many other benefits regarding sulfur mentioned in this remarkable cookbook and she furthermore provides an extensive list of all sulfur-rich vegetables.

I found Dr. Thiênna Ho's recipes to be deliciously scrumptious and satisfyingly nutritious without tasting healthy. There are so many wonderful recipes to choose from. Coconut-Banana Shirataki Porridge, would make a wonderful breakfast, I can't wait to try. Anything with coconut grabs my attention like Coconut Chicken and Bean Soup, or White Bean Coconut Cake. Although coconut isn't the predominate ingredient in her recipes she is diversified in what she chooses for her recipes. There is an extensive list of healthy recipes categorized into breakfasts, salads, soups, sandwiches, dinners, stemmed breads, cakes, pies, and pastries. Dr. Thiênna Ho has also included her 30-day diet plan: *Experience renewed vigor and amazing skin in just 30 days!* In addition, revealed for the first time ever: *How Bruce Lee's diet helped him become a martial arts legend.* I found the recipe index is quite helpful as are the menu suggestions.

Thiênna Ho has carefully chosen the ingredients for flavor, nutrition and ease of preparation, yielding some very appealing entrées. She gives you marvelous tips throughout her book such as to choose less ripe fruit over more ripe, and choose raw or uncooked whenever possible. Make sure to avoid deep dark green leaves. Dr. Thiênna Ho recommends steaming as a healthy alternative to cooking and can be a healthy substitute instead of frying, grilling, or broiling a sausage for example.

My commendations go out to Dr. Thiênna Ho for creating *Cooking on the Light Side: Smart Recipes for Bright Skin and Vitality* and giving us the alternative to healthier eating, not only by using sulfur-rich foods but also using unprocessed pure ingredients. The recipes are simple and all the ingredients may be purchased at any local grocery store if they aren't already in your pantry. Thank you Dr. Thiênna Ho. I'm grateful for your recipe book. Dr. Thiênna Ho was able to break four Guinness World Records after 40. She contributes her physical stamina to her diet, which has not only helped her succeed in life, but has made her a healthy more vibrant person. I encourage everyone to read this book and reap the benefits. What a delicious read!