

Book Review by The Publishing Guru "Todd Rutherford"

*This review is from: **Cooking on the Light Side: Smart Recipes for Bright Skin and Vitality.***

Beautiful skin and increased stamina is a desire possessed by the masses. However, people are tired of turning to drugs, toxic chemicals, or steroids to accomplish these goals. In her new book, ***Cooking on the Light Side: Smart Recipes for Bright Skin and Vitality***, Dr. Thienna reveals the missing ingredient is a sulfur-rich diet!

Throughout history ancient civilizations have built public baths around hot springs rich in sulfur. These baths were treated as divine because of the cleansing and curative powers of sulfur. The scientists of ancient history were not aware of which foods were rich in sulfur. However, eating sulfur-rich onions in large quantity and drinking onion juice was a common practice in search of strength and stamina.

The benefits of consuming a sulfur-rich diet have heretofore been withheld from the general public. Dr. Thienna is passionate about introducing the world to sulfur-rich foods and how to prepare these foods for the maximum benefit. She is living, breathing proof. This special diet gave her enough endurance and energy to break four physical endurance world records in 2.5 years even though over the age of 40.

In one record, Dr. Thienna sat in a chair position without a chair for nearly 12 hours. Also, she broke the men's world record for the heaviest weight- combined dead lift in one hour. She was able to dead-lift nearly 105,000 pounds, beating the previous man's world record by almost 15,000 pounds. This is equivalent to lifting the weight of 15 elephants in an hour, and she only weighs 95 pounds.

The book will engage all five of your senses. The images are breath- taking. The meal preparation strategies are easy to follow, and the ideas and information presented throughout will empower you. Everyone interested in lasting beauty, skin quality, and stamina should read this book.