



## CELEBRITY CHEFS

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There are many celebrity chefs and cooking shows on television (and sometimes on radio as well). I watch a few of them and find some enjoyment in the creativity shown, and the drama of some cooking competitions.

For all the enjoyment of these shows, we must be careful about claims made by many that their food is “healthy” or “good for you”. Remember that chefs/cooks study food preparation, food science, creative uses of food and presentation (and these studies can be extensive and arduous, I have no doubt). However, they do not study the effects of foods on those with degenerative neuro and autoimmune disorders, or chronic infections.



With this in mind, we can look at recipes and dishes presented, and decide whether the claims of “healthy” are justified, or whether we need to modify the recipe to make it healthy.

For instance, I saw a “vegetarian” dish presented that contained goats cheese. Goats cheese is not vegetarian and it is inflammatory. However, substituting coconut cheese or nutritional yeast would render this dish delicious and healthy.

Many dishes claimed to be “healthy” contain grains or milk products because the presenters lack understanding of the damaging effects of these foods. But, again, with some basic substitutions, many dishes can be healthy and delicious.

As I look through popular cook books by celebrity chefs, I find that a high percentage of their recipes can be healthy with only two substitutions. Easy!

So enjoy the shows and collect the recipes, but use your “Best Foods” lists to decide what can stay in and what needs substitution. This will give you a wide range of foods to choose from, and a clear conscience (and a healthier body, of course).