



My Kitchen Cure: How I Cooked My Way Out of Chronic Autoimmune Disease with Whole Foods and Healing Recipes

Mee Tracy McCormick

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My Kitchen Cure is a book about overcoming chronic autoimmune disease, preventing cancer, and transcending a hereditary setup for a life of illness and a diminished existence. This book is about foods for healing, cooking for cures, and eating your way to wellness. **My Kitchen Cure** is also about recovering strength, regaining balance, reclaiming empowerment, and restoring vitality.

My Kitchen Cure is a book about **Mee Tracy McCormick**, and it's a book about you if you're looking for an alternative to living with a chronic autoimmune disease for the rest of your life.

Mee Tracy McCormick first started cooking her way out of chronic autoimmune disease as a last resort. Hereditary Crohn's disease, an intestinal ulceration, a diagnosis of cancer waiting to be confirmed, and debilitating daily pain had knocked her down. Medical tests, treatments and medicines that threatened to kill her before they cured her had backed Mee Tracy into a health crisis corner.

When it seemed like she only had two options – a slow and painful death or a sudden and quick death – Mee Tracy looked at her husband and two small children and decided to find a third option, and if one didn't exist, to create it. Mee Tracy did find her third option in a place that surprised her - in her kitchen.

When Mee's autoimmune dis-ease was at its worst and she was suffering the most, she was well aware of the long list of foods that would put her on the floor writing in pain. What she didn't know then - and had to discover for herself - was the list of foods that would not only keep her out of her sick bed but also have a positive healing influence on her body. It was when Mee shifted her focus from avoiding what would hurt her to consuming what would help her that the real healing began.

She cooked her way out of her chronic autoimmune disease, she used whole foods to prevent the imminent cancer diagnosis, and in the process she created healing recipes that combine foods in a way that is more nutritious and delicious than she could have ever imagined before.

What makes Mee Tracy's **REAL FOOD** healing recipes different from others is the broad scope of foods that she incorporates. She doesn't limit her cooking to raw, vegan, vegetarian, or macrobiotic foods. She cooks and recommends all of them, along with French and classic American cuisine that she transforms with whole, **REAL FOOD** to make them recipes for healing.

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From reader reviews:

Florence Wiggins:

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Adam Mathews:

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