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# Healing Secrets of the Seasons: Recipes And Remedies That Soothe, De-Stress, And Energize Throughout The Year

*Judith B. Hurley*

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**Healing Secrets of the Seasons: Recipes And Remedies That Soothe, De-Stress, And Energize Throughout The Year** Judith B. Hurley
For centuries, cultures the world over have understood the impact of the seasons on human health and adapted their diet accordingly. Now, culinary and natural remedy authority Judith Benn Hurley applies this age-old wisdom to the demands of the modern world with more than 250 recipes, plus herbal remedies and healing practices that fight disease and foster wellness all year long.

In four major seasonal sections linked by shorter passages covering the transition periods between seasons when we're most vulnerable to illness, Hurley presents natural remedies for body- and soul-nourishing foods, refreshing tonics, healthy beverages, and even gardening tips, along with delightfully informative tidbits about interesting dates and ancient celebrations. Here are such heartwarming cold-weather dishes as Vanilla-Scented Buckwheat Pancakes, Warm Sweet Potatoes with Cinnamon and Cloves, and Baked Winter Stew with Fresh Thyme. Green is the theme for springtime, from Salmon Salad with Sprouts and Ginger-Lime Dressing to Stir-fried Green Beans with Hot Peppers and Peanuts. Long summer days call for cool refreshments like Cucumber Freezer Pickles or Blueberry-Ginger Sorbet, while autumn demands such hearty, energizing fare as Chinese-Style Noodle Cakes, Barley Risotto with Leeks, and Spicy Bean Burritos.

A cornucopia of mouthwatering recipes, anecdotes, and healing lessons drawn from the author's travels and studies, this inventive, holistic approach serves up a delicious way to live in harmony with nature.

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