

# COVER<sup>TO</sup> COVER

A supplement for the members of the



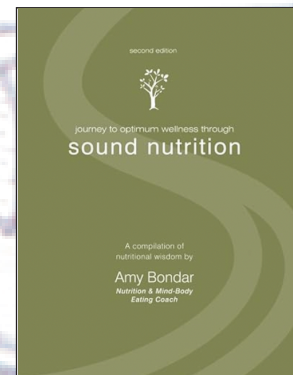
CANNP is proud to recognize the works of our Members. The following are valuable upgrading opportunities which each count towards upgrading hours at 3 hours each. Please be aware that there are many others that we would consider, and if in doubt, you are welcome to check with our office as to the credibility of your choices. Also, as we hope to grow this supplement, we would appreciate knowing of other books as you become aware of them.

## Journey to Optimum Wellness through Sound Nutrition, 2nd Edition

**Author:** Amy Bondar, Nutritional Therapist

**Copyright:** 2009, 2006 Amy Bondar. All Rights Reserved

**Description:** In this no-nonsense compilation of nutritional wisdom, Amy Bondar combines her expertise in nutrition with ancient \healing and cutting-edge science. Use it to cook from, learn from or live from, any way you cut it journey to optimum wellness through sound nutrition will become your ultimate companion on the road to health.



Packed with energy, insight and punch, this book includes 75 nutritional tips, dozens of recipes and a lifetime of nourishment for your body, mind and soul!

*Journey To optimum Wellness Through Sound Nutrition is not only inspiring and thought provoking, it is an up-to-date and down-right practical book filled with hundreds of insights that are mentally informative and physically transformative. The sound words of soulful wisdom that fill its pages could make the difference between a life of blah, fatigue and mediocrity and one filled with zest, exuberance, wellness and greater achievement.*

- Dr. John. Demartini, bestselling author of  
Count Your Blessings: The Healing Power of Gratitude and Love

**Order:** To order a hard copy, contact amy@amybondar.com or for you kindle e-version of this book copy this link:

[https://www.amazon.ca/Journey-Optimum-Wellness-throughNutrition/dp/0978100514/ref=sr\\_1\\_1?crid=2YJKCVB8UL8QO&keywords=amy+bondar&qid=1696963184&spre-fix=amy+bondar%2Caps%2C123&sr=8-1](https://www.amazon.ca/Journey-Optimum-Wellness-throughNutrition/dp/0978100514/ref=sr_1_1?crid=2YJKCVB8UL8QO&keywords=amy+bondar&qid=1696963184&spre-fix=amy+bondar%2Caps%2C123&sr=8-1)

## The Paleo Diabetes Diet Solution: Manage Your Blood Sugar with 125 Recipes (plus a 30-day meal plan)

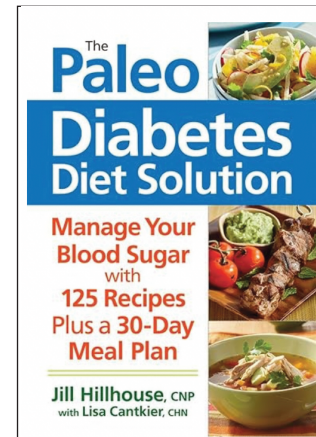
**Author:** Jill Hillhouse with Lisa Cantier

**Copyright:** 2016 - All Rights Reserved

**Description:** All the information you need to manage your blood sugar, pre-diabetes

and diabetes is in this clearly written and accessible book. The first half of the book helps you understand how blood sugar works in the body and how a Paleo or ancestral approach to eating can help you restore healthy blood sugar function. An abundance of information is arranged in easy to understand sections including how to self-monitor blood sugar and even non-food factors that affect blood sugar control.

The second half of the book contains the 125 recipes that showcase all the wonderful food you can eat with the Paleo approach. The recipes are easy and delicious and each one offers additional nutrition and cooking tips. This is an all-in-one blood sugar resource kit to refer to again and again.



★★★★★ *An excellent book that goes beyond the management of blood sugar. Jill and Lisa are highly knowledgeable practitioners that serve up a healthy dose of practical advice and delicious recipes. This book can help you effectively manage your blood sugar which can significantly reduce your chances of developing a number of modern day diseases including diabetes. Their writing style is very accessible for someone just starting to explore the theory behind the Palaeolithic Diet. I highly recommend it!*

- Julie Daniluk

Leading nutritionist, Author and the co-host of Healthy Gourmet

**Order:** Available online at Indigo and Amazon. Please copy this link.

[https://www.amazon.ca/Paleo-Diabetes-Diet-Solution-Manage/dp/0778805484/ref=sr\\_1\\_1?ie=UTF8&qid=1526568370&sr=8-1&keywords=paleo+diabetes+diet+solution&dpID=51xhhUjl3SL&preST=\\_SY344\\_BO1,204,203,200\\_QL70\\_&dpSrc=srch](https://www.amazon.ca/Paleo-Diabetes-Diet-Solution-Manage/dp/0778805484/ref=sr_1_1?ie=UTF8&qid=1526568370&sr=8-1&keywords=paleo+diabetes+diet+solution&dpID=51xhhUjl3SL&preST=_SY344_BO1,204,203,200_QL70_&dpSrc=srch)

## The Best Baby Food: 125 Healthy & Delicious Recipes for Babies and Toddlers

**Author:** Jill Hillhouse and Chef Jordan Wagman

**Copyright:** 2015 - All Rights Reserved

**Description:** When you make your own baby food from wholesome foods that are naturally rich in nutrients, you are setting the stage for a pattern of healthy eating that will serve your children well for the rest of their lives. That's what this book is about - real, non-alarmist health information that parents want to know about feeding their children plus easy-to-prepare recipes featuring creative cooking techniques and whole, non-processed food. Health topics discussed include organics, non-GMOs, gluten and allergies. The delicious recipes start with purees and first foods right through to toddler foods and recipes the whole family will enjoy.



★★★★★ A must read for all parents.

*For any parent or parent-to-be, this is a great read with loads of valuable information. My wife and I were able to create many of these delicious and easy to follow recipe for our little guy and he loved them! A great feature of the book is the authors provide nutritional information and cooking tips along side of each recipe so you know exactly what you are feeding your child and can have peace-of-mind that they are receiving all the right nutrients to grow up healthy and happy. I highly recommend this book. It has been a great addition for our little guy and it will be used for years to come.*

- Carmen Deacetis

**Order:** Available online at Indigo and Amazon. Please copy this link.

[https://www.amazon.ca/Best-Baby-Food-Delicious-Toddlers/dp/0778805077/ref=pd\\_sim\\_14\\_1?\\_encoding=UTF8&psc=1&refRID=7A3CJEVKHP8H5R9HXVHD](https://www.amazon.ca/Best-Baby-Food-Delicious-Toddlers/dp/0778805077/ref=pd_sim_14_1?_encoding=UTF8&psc=1&refRID=7A3CJEVKHP8H5R9HXVHD)

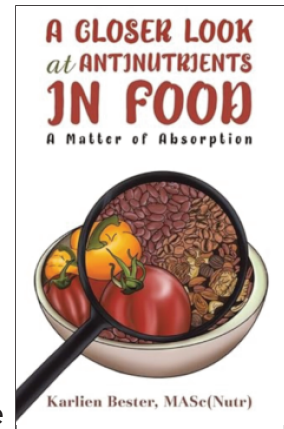


## A Closer Look at Antinutrients in Food

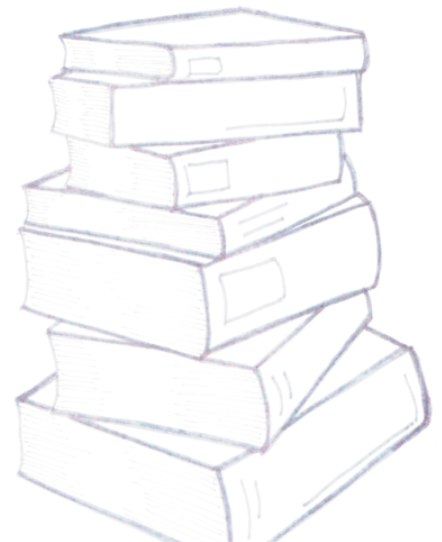
**Author:** Karlien Bester, Masc(Nutr), NNCP, RHN

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**Description:** The evidence is clear, a whole foods diet nourishes, protects, and satisfies the human body. It provides intact nutrients, fiber, antioxidants, and phytochemicals essential for optimal health. But there's more to this optimal eating lifestyle than meets the eye. A Closer Look at Antinutrients in Food lets the reader discover how whole grains, nuts, seeds, legumes, and vegetables are also capable of wreaking havoc in the human body. Discover what antinutrients are, and how they function to potentially cause damage, nutritional imbalances, and deficiencies among other adverse health effects in the body of animals and humans. Whether you are a parent, student, healthcare provider, or into personal health, everyone should learn how to best deal with whole nutritious foods through easily applied kitchen rituals and home processing methods that minimizes antinutrients present in food to safely consume them in the diet daily. Reap the benefits of optimizing nutrient absorption and palatability through these traditional food preparation practices and learn how to select optimal whole food products to bring out the best in whole foods nature has to offer to us.



**Order:** [https://www.amazon.ca/Closer-Look-Antinutrients-Book-1697059354/ref=sr\\_1\\_1?crid=1GJ5ZKZOQPGMN&keywords=a+closer+look+at+antinutrients+in+food&qid=1697059354&sprefix=closer+look+at+antinutri](https://www.amazon.ca/Closer-Look-Antinutrients-Book-1697059354/ref=sr_1_1?crid=1GJ5ZKZOQPGMN&keywords=a+closer+look+at+antinutrients+in+food&qid=1697059354&sprefix=closer+look+at+antinutri)

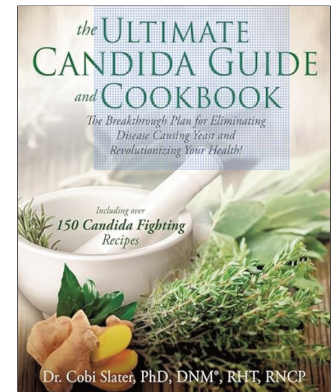


## The Ultimate Candida Guide and Cookbook

**Author:** Dr.Cobi Slater, PhD, DNM, RHT, NNCP

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**Description:** Millions are people are suffering with an overgrowth of yeast in their body known as Candida. If you are suffering from digestive issues, headaches, chronic pain, unwanted weight gain, skin conditions or depression, then this is the guidebook for you. Discover how Candida can start to cause disease in the body and the many ways it can affect you.



Featuring topics such as:

- Causes of Candida
- Symptoms of Candida
- How Candida is formed in the Body
- Testing For Candida
- Complications of Candida
- Facts about Candida
- Candida Die Off
- Yeast Killers
- The Candida Protocol
- Nutritional Guidelines
- Detoxifying Recipes

This is the most advanced and current Candida detox and elimination program. Step by step you will learn what you need to do to completely rid your body of Candida. Detailed nutritional guidelines and over 150 great tasting and easy to make detoxifying recipes are included to assist you. The Ultimate Candida Guide and Cookbook has everything you need to get your health back and set you free from the symptoms that enslave you.

**Order:** [https://www.amazon.ca/Ultimate-Candida-Guide-Cookbook/dp/1629520209/ref=sr\\_1\\_1?ie=UTF8&qid=1527622910&sr=8-1&keywords=the+ultimate+candida+guide+and+cookbook](https://www.amazon.ca/Ultimate-Candida-Guide-Cookbook/dp/1629520209/ref=sr_1_1?ie=UTF8&qid=1527622910&sr=8-1&keywords=the+ultimate+candida+guide+and+cookbook)

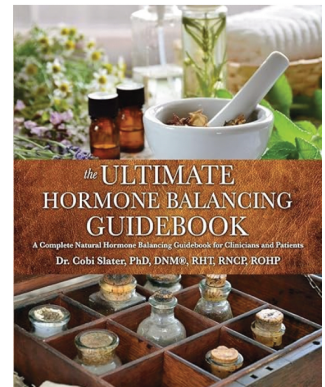
**More Information:** [www.drcobi.com](http://www.drcobi.com) [cshealth@telus.net](mailto:cshealth@telus.net)

## The Ultimate Hormone Balancing Guidebook

**Author:** Dr.Cobi Slater, PhD, DNM, RHT, NNCP

**Copyright:** 2014 - All Rights Reserved

**Description:** More and more people are experiencing increasing hormone dysfunction in our society today. A plethora of symptoms that are plaguing women and men of all ages can be linked to imbalances within the hormonal cascade. The underlying cause is often overlooked or undiscovered and people are recommended masking medications that ultimately offer no cure.



The Ultimate Hormone Balancing Guidebook offers a detailed account of the underlying causes as well as the standard and natural treatments for restoring hormone balance. With special sections dedicated to endocrine disruptors, liver toxicity, the stress effect, nutritional factors, testing procedures as well as bioidentical hormones, this guidebook gives the latest research based information on hormone disruption.

This comprehensive work provides traditional and natural solutions to balance hormones and achieve greater overall health for issues such as: • Anxiety • Depression • Adrenal Fatigue • Thyroid disorders • Estrogen Dominance • Premenstrual Syndrome (PMS) • Fibroids • Endometriosis • Polycystic Ovarian Syndrome (PCOS) • Ovarian Cysts • Menopause • Andropause • Weight Gain

**Order:**

<https://store.drcobi.com/products/the-ultimate-hormone-balancing-guidebook-dr-cobi>

[https://www.amazon.ca/Ultimate-Hormone-Balancing-Guidebook/dp/1498409636/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527623099&sr=1-1&keywords=the+ultimate+hormone+balancing](https://www.amazon.ca/Ultimate-Hormone-Balancing-Guidebook/dp/1498409636/ref=sr_1_1?s=books&ie=UTF8&qid=1527623099&sr=1-1&keywords=the+ultimate+hormone+balancing)

[https://www.amazon.com/Ultimate-Hormone-Balancing-Guidebook/dp/1498409636/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527624100&sr=1-1&keywords=the+ultimate+hormone+balancing](https://www.amazon.com/Ultimate-Hormone-Balancing-Guidebook/dp/1498409636/ref=sr_1_1?s=books&ie=UTF8&qid=1527624100&sr=1-1&keywords=the+ultimate+hormone+balancing)

**More Information:** [www.drcobi.com](http://www.drcobi.com) [cshealth@telus.net](mailto:cshealth@telus.net)

## The Ultimate Metabolic Plan

**Author:** Dr.Cobi Slater, PhD, DNM, RHT, NNCP

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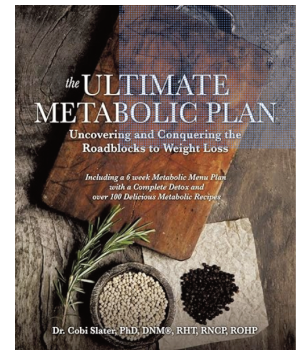
**Description:** For many people, losing weight is much more than just cutting calories and increasing exercise. The age old theory of weight loss being no more than calories in versus calories out has been disproved by the masses. Weight loss resistance is becoming more and more prevalent because the underlying reasons for sluggish metabolisms are continually overlooked. Living a completely balanced and healthy lifestyle without weight fluctuations is possible when you discover and conquer which roadblocks are the underlying root causes of weight loss resistance. The roadblocks to weight loss resistance uncovered in The Ultimate Metabolic Plan include the following:

- Liver Toxicity and Weight Gain
- Stress and the Adrenals
- The Thyroid Connection and Weight Gain
- Estrogen Dominance
- Food Allergies
- The Hidden Yeast Issue- Candida
- The Sleep Connection
- The Detrimental Effects of Sugar
- Insulin Resistance
- Medications that Cause Weight Gain
- Top Lab Tests which Uncover Hidden Road Blocks to Weight Loss

The Ultimate Metabolic Plan includes a 6 week guided nutritional plan containing a complete detoxification program. Menu plans, recommendations for metabolic supplements as well as over 100 metabolic recipes are also incorporated in this life changing book.

**Order:** [https://www.amazon.ca/Ulimate-Metabolic-Plan-SlaterRncp/dp/1498423248/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527623252&sr=11&keywords=the+ultimate+metabolic](https://www.amazon.ca/Ulimate-Metabolic-Plan-SlaterRncp/dp/1498423248/ref=sr_1_1?s=books&ie=UTF8&qid=1527623252&sr=11&keywords=the+ultimate+metabolic)

**More Information:** [www.drcobi.com](http://www.drcobi.com) [cshealth@telus.net](mailto:cshealth@telus.net)

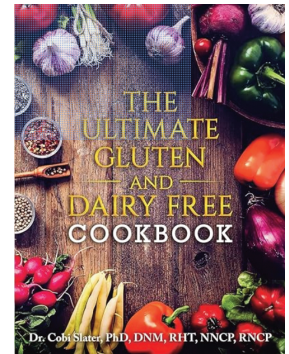


## The Ultimate Gluten and Dairy Free Cookbook

**Author:** Dr.Cobi Slater, PhD, DNM, RHT, NNCP

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**Description:** The Ultimate Gluten and Dairy Free Cookbook provides crucial information on how to eat a gluten and dairy free diet with ease. Included are hundreds of delicious and easy to make recipes for the whole family, a gluten and dairy free pantry list, how to navigate your way through gluten free flours as well as detailed gluten and dairy food lists. If you are struggling with health issues or you simply want to eat a healthier diet, then this cookbook will be an excellent guide to help you and your family along the way to abundant health.



Common Symptoms of Food Sensitivities:

- Gas and bloating
- Constipation and/or diarrhea
- Reflux
- Headaches
- Eczema, psoriasis, hives and/or acne
- Fatigue
- Brain Food
- Depression and/or anxiety
- Joint pain
- Weight gain
- Water retention
- Dark circles under the eyes
- Sinus congestion and/or runny nose
- Ear infections

Whether you are looking for a quick breakfast idea, a comfort food entrée, or a slow cooked soup, The Ultimate Gluten and Dairy Free Cookbook proves that gluten and dairy free cooking can mean healthy, easy and nutritious eating for everyone!

**Order:** [https://www.amazon.ca/Ulimate-Gluten-Dairy-FreeCookbook/dp/097374538X/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1527623682&sr=11&keywords=the+ultimate+gluten+and+dairy+free](https://www.amazon.ca/Ulimate-Gluten-Dairy-FreeCookbook/dp/097374538X/ref=sr_1_1?s=books&ie=UTF8&qid=1527623682&sr=11&keywords=the+ultimate+gluten+and+dairy+free)

**More Information:** [www.drcobi.com](http://www.drcobi.com) [cshealth@telus.net](mailto:cshealth@telus.net)

## Refresh, Revive, Restore 10-Day Detox

**Author:** Dr.Cobi Slater, PhD, DNM, RHT, NNCP

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**Description:** The Refresh Revive Restore 10-Day Detox will help you to rebalance your body and take back control of your metabolism using the power of whole food eating and toxin elimination. In as little as 3 days you should start to experience the positive benefits of the Refresh Revive Restore 10- Day Detox including:

- Increased energy and motivation
- Decreased cravings
- Improved mood
- Healthier digestion
- Rejuvenating sleep
- Diminished brain fog
- Clearer skin

**Order:**

<https://store.drcobi.com/products/refresh-revive-restore-10-day-detox-dr-cobi-slater>

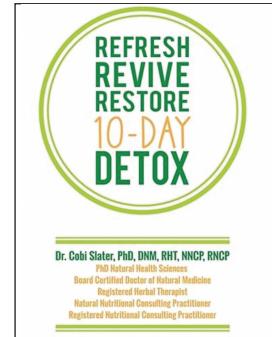
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[Detox/dp/1545625263/ref=sr\\_1\\_1?ie=UTF8&qid=1527624023&sr=8-1&keywords=refresh+revive+restore+10+day+detox](https://www.amazon.ca/Refresh-Revive-Restore-10-Day-Detox/dp/1545625263/ref=sr_1_1?ie=UTF8&qid=1527624023&sr=8-1&keywords=refresh+revive+restore+10+day+detox)

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[Detox/dp/1545625263/ref=sr\\_1\\_1?ie=UTF8&qid=1527624200&sr=8-1&keywords=refresh+revive+restore+10+day+detox](https://www.amazon.com/Refresh-Revive-Restore-10-Day-Detox/dp/1545625263/ref=sr_1_1?ie=UTF8&qid=1527624200&sr=8-1&keywords=refresh+revive+restore+10+day+detox)

**More Information:** [www.drcobi.com](http://www.drcobi.com) [cshealth@telus.net](mailto:cshealth@telus.net)

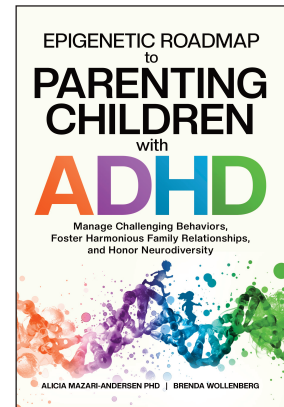


## Epigenetic Roadmap to Parenting Children with ADHD

**Authors:** Alicia Mazari-Andersen PhD and Brenda Wollenberg

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**Description:** Parenting a child with ADHD can feel like navigating a maze of advice and strategies. This holistic guide helps you turn challenges into opportunities, empowering you to support your child's unique strengths while addressing the hurdles you face as a family. Grounded in the cutting-edge science of epigenetics—how environment influences gene expression—this book provides a roadmap to help your child thrive. The 7 Core Steps (Eat, Sleep, Move, Calm, Detox, Inflammation, and Repair) offer actionable strategies for improving focus, emotional regulation, and overall wellness. This book blends science, empathy, and real-life stories to help you foster resilience and self-confidence in your child—and find your own moments of clarity and growth.



### Compassionate and Science-Backed Guide

*Epigenetic Roadmap to Parenting Children with ADHD is a game-changer for parents looking to support their child's unique needs. It blends cutting-edge research with practical strategies, offering actionable advice on everything from diet and sleep to stress management and emotional regulation. The focus on honoring neurodiversity and creating a supportive home environment is both empowering and refreshing. Great read! -*

*Illia Dromin*

**Order:** Available online at Amazon.

Free Kids Activity Book and Trip Log for Parents inside the book!

Also available in Spanish.

## For the Love of Buckwheat: From Appetizer to Dessert

**Authors:** Maria Depenweiller BSc, NNCP, RNT

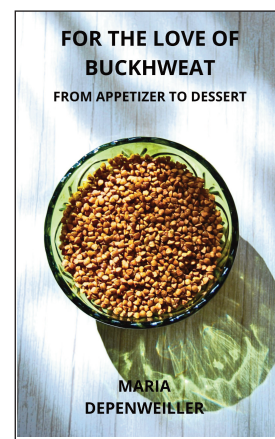
**Copyright:** 2024 - All Rights Reserved

**Description:** In this book award-winning cookbook author Maria Depenweiller—an experienced food scientist, nutritionist, and chef—introduces you to the remarkable world of buckwheat. This versatile, gluten-free grain is packed with nutrients, making it a fantastic addition to a healthy diet.

Maria explores the health benefits of buckwheat and its various uses, offering a delightful array of recipes that span from appetizers to desserts, blending traditional and modern cuisines. Explore the unique flavors of buckwheat honey, savor the richness of traditional French and Japanese dishes, and indulge in innovative creations like buckwheat and beet brownies or creamy buckwheat ice cream. With personal anecdotes, expert insights, and beautiful photography, "For the Love of Buckwheat" is a treasure trove of culinary inspiration. Whether you are a seasoned gourmand or a novice home cook, this book provides something for everyone to discover and enjoy in their kitchen.

**Order:** Available online at Amazon, paperback, hard cover and kindle

[https://www.amazon.ca/love-buckwheat-appetizer-dessert/dp/1068860006?crid=38DVULIUGJ9H7&dib=eyJ2IjoiMSJ9.ryKLwrDX9Rg9MePyfg05aWAMVKXbYwTerYDdPWgSmje6c\\_x07FoD37\\_sUOIWXeMQ12veJuOj7sLxHk2E7zLTvSI\\_C\\_jj7MjE3C1xZp1d1NY.ILk5y3P-aGLpdIQKZsjBwdagJUwOYDfFJVO-bY-fTPk&dib\\_tag=se&keywords=depenweiller+maria&qid=1738790655&srefix=depenweiller+mari%2Caps%2C1012&sr=8-2](https://www.amazon.ca/love-buckwheat-appetizer-dessert/dp/1068860006?crid=38DVULIUGJ9H7&dib=eyJ2IjoiMSJ9.ryKLwrDX9Rg9MePyfg05aWAMVKXbYwTerYDdPWgSmje6c_x07FoD37_sUOIWXeMQ12veJuOj7sLxHk2E7zLTvSI_C_jj7MjE3C1xZp1d1NY.ILk5y3P-aGLpdIQKZsjBwdagJUwOYDfFJVO-bY-fTPk&dib_tag=se&keywords=depenweiller+maria&qid=1738790655&srefix=depenweiller+mari%2Caps%2C1012&sr=8-2)



## Maria's Low Protein Cook Book

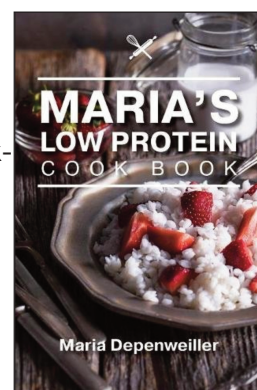
**Authors:** Maria Depenweiller BSc, NNCP, RNT

**Copyright:** 2018 - All Rights Reserved

**Description:** This is a collection of creative low protein recipes with excellent photographs of the dishes for those who must maintain a protein-restricted diet for treatment of PKU or similar inherited diseases of protein metabolism. This book was created by a low protein cooking specialist and a professional home economist with hopes to make reader's lives a bit easier and to share personal culinary experience and expertise. Low protein diets may feel restrictive and full of limitations but with the right ingredients and some basic cooking skills, it is possible to have low protein fine dining at home. Time is valuable so most of the recipes are quick and hassle free. Learning to cook from scratch is the best way to gain full control of the diet and eat healthy and low protein food.

**Order:** Available online at Amazon, paperback and hard cover

[https://www.amazon.ca/Marias-Low-Protein-Cook-Book/dp/177370401X?crid=38DVULIUGJ9H7&dib=eyJ2ljoimSJ9.ryKLwrDX9Rg9MePyf g05aWAMVKXbYwTerYDdPWgSmje6c\\_x07FoD37\\_sUOIWXeMQ12veJuOj7sLxHk2E7zLTvSI\\_C\\_jj7MjE3C1xZp1d1NY.ILk5y3P-aGLpdlQKZsjBwdagJUwOYDfFJVO-bY-fTPk&dib\\_tag=se&keywords=depenweiller+maria&qid=1738790655&sprefix=depenweiller+mari%2Caps%2C1012&sr=8-4](https://www.amazon.ca/Marias-Low-Protein-Cook-Book/dp/177370401X?crid=38DVULIUGJ9H7&dib=eyJ2ljoimSJ9.ryKLwrDX9Rg9MePyf g05aWAMVKXbYwTerYDdPWgSmje6c_x07FoD37_sUOIWXeMQ12veJuOj7sLxHk2E7zLTvSI_C_jj7MjE3C1xZp1d1NY.ILk5y3P-aGLpdlQKZsjBwdagJUwOYDfFJVO-bY-fTPk&dib_tag=se&keywords=depenweiller+maria&qid=1738790655&sprefix=depenweiller+mari%2Caps%2C1012&sr=8-4)

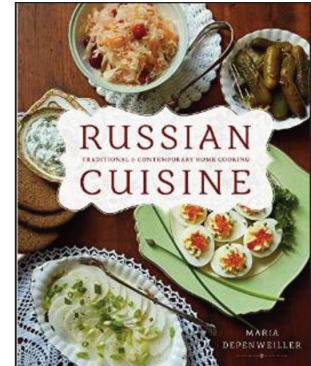


## Russian Cuisine: Traditional and Contemporary Home Cooking

**Authors:** Maria Depenweiller BSc, NNCP, RNT

**Copyright:** 2015 - All Rights Reserved

**Description:** Discover the fascinating details of Russian history, culture and eating habits and enjoy the tasty delights of the vast country that spans through 11 time zones and brings together more than 180 ethnic groups



Detailing the evolution and development of traditional Russian cooking, this book gives a better understanding of the foods that are now known as classical Russian dishes. Through the words of native Muscovite, Maria Depenweiller, who was born and raised in Moscow before immigrating to Canada, *Russian Cuisine: Traditional and Contemporary Home Cooking* covers not only Russian cooking methods such as the Russian oven samovar, but also the impact of Russian politics on its food. Discover how: The Soviet Revolution impacted Russian eating habits. Or how the Russian tea drinking tradition got started. Learn about the home cooking of the Russian Empire and try schi and rastegai. Delight your guests with marvelous assortment of zakuski or ant hill torte from the classical Soviet cuisine. Complete the experience with suggested reading from the literature, Russian classics and music accompaniment to match the mood. From table settings, to backyard gardens and pantry items, this book teaches you everything you need to know about Russian food.

**Order:** Available online at Amazon, paperback

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