

# Veteran Nutritionist Shares Easy-To-Follow Recipes in New Book

*All her years of experience summarized in a comprehensive recipe book*

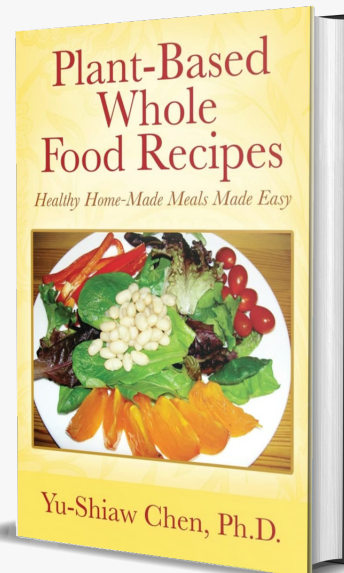
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/EINPresswire.com/ -- One need not break the bank to have access to a healthy, well-balanced diet. Dr. Yu-Shiaw Chen provides options and solutions in her new book [Plant-Based Whole Food Recipes](#).

After earning a Ph.D. in Biochemistry from Mount Sinai School of Medicine in New York City, she then worked as a research scientist at Sloan Kettering Cancer Center, Brookhaven National Laboratories, Stony Brook University, and biotechnology companies for a total of twenty years. Subsequently, she got employed as a pharmaceutical consultant. Here, the importance of nutrition and its impact on people's health and well-being became more evident to her. With this in mind, and after doing her research and study, she decided to embark on a related career as a nutrition counselor and educator. Now, twenty-eight years have passed since she started helping people lose weight and reduce aches, pains, disorders, and even dependency on drugs.

Dr. Chen has also developed a ten-week "Healthy Weight for Life" program, wherein hundreds of people have already taken and noticeably benefitted from better health. From these ten-week programs and private counseling sessions, she has now accumulated countless remarkable healing stories from the participants.

Through word of mouth and referrals, Dr. Chen has gotten invitations to give her presentations at various organizations locally and internationally. Many people embraced a healthy lifestyle



Plant-Based Whole Food Recipes: Healthy Homemade Meals Made Easy

and improved their health after listening to her informative, inspiring, and enlightening lectures.

To encapsulate her teaching, counseling, and speaking experience over the years, coupled with testimonials of healing from her clients, Dr. Chen published her book Plant-Based Whole Food Recipes. Currently, her Healthy Weight for Life program is also available online as a live Webinar class.

Readers have appreciated how her recipes are so easy to follow. She also incorporated her tried and tested meal management in the more than seventy meals to choose from. Get a hold of your own copy of Dr. Yu-Shiaw Chen's books available on the author's website at [www.linutrition.com](http://www.linutrition.com), and start your journey to a balanced diet.

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