

Book Reviews:

Seaweed: Nature's Secret to Balancing Your Metabolism, Fighting Disease, and Revitalizing Body and Soul, Stewart, Tabori and Chang, NY

“Best all-round, thorough, very readable comprehensive text emphasizing health and nutritional seaweed topics. Excellent introductory survey useful for healers, beauticians, and the general public. Well-documented, conveniently organized, good index, and contains current resource lists for seaweeds and seaweed products.”

Ryan Drum, Waldron Island, WA

“I was most pleased with this book. Most books about seaweed I have seen do not describe its uses, and this book fills that gap beautifully by describing medicinal, cosmetic and general uses of seaweed, as well as how to find, harvest and preserve different species. This book is a winner for anyone who wants to know what to DO with seaweed as opposed to what it is and how it evolved. Cooksley also lists the constituents and values of each type of seaweed in the book, and the pages are packed with yummy recipes and useful tidbits. A masterpiece!” N.M. Spokane, WA

“Valerie Cooksley gives us the recipes, knowledge and unique benefits of adding seaweed to our diets. Great recipes and research for overall general healing and balance to our metabolism. I personally have benefited from the consumption of seaweed (liquid form) with everything from migraines to lower cholesterol. Thank you Valerie! “ K.H. Colleyville, TX