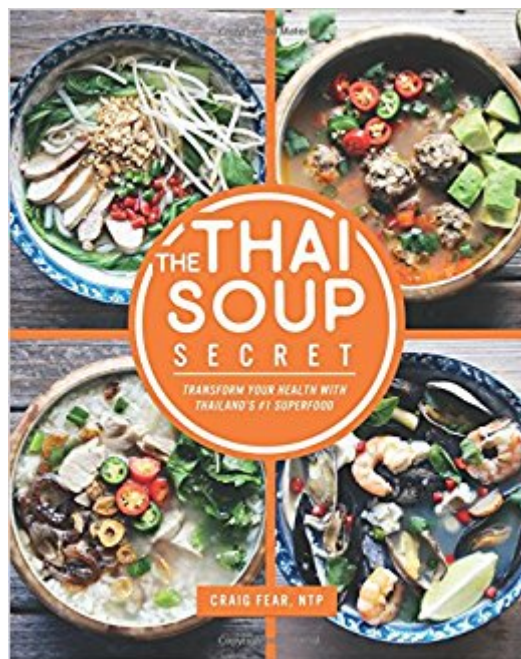




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# The Thai Soup Secret: Transform Your Health With Thailand's #1 Superfood



## Synopsis

The Thai people have a well kept secret. For hundreds of years, theyâ™ve known about the healing power of their traditional soups. Over the course of several trips to Thailand, Nutritional Therapist Craig Fear, realized there were so many simple, delicious and healthy Thai soups that were unknown to most people in the West. He set about sampling, photographing, and collecting dozens of soup recipes that are easy re-create in western kitchens. The result is the Thai Soup Secret!Â The Thai Soup Secret includes 40 recipes for medicinal broths, congees and authentic soups, all of which will help you progress towards a healthier life. Best of all, of the recipes are designed to be simple, without hours of preparation or long lists of hard to find ingredients.

Â Besides being geared towards health and wellness The Thai Soup Secret is also for anyone who just loves Thai food! If a trip to Thailand is not on your agenda anytime soon then this book will be your next best option for discovering the wonderful world of Thai soups!Broth-Based SoupsThe Thai Soup Secret focuses specifically on broth-based soups that work on a deeper level, promoting healing from the inside out. Imagine a warm bowl of soup, infinitely customizable, and filled with anti-inflammatory herbs and vegetables. Thai soups can be enjoyed at every major meal. Healthy, delicious, and versatile â “ does it get any better than this? What Youâ™ll LearnWhen you pick up a copy of The Thai Soup Secret: Transform Your Health with Thailandâ™s Number One Superfood, youâ™ll learn: The restorative power of real broths and why Thai-style broths are easier to make than western-style broths. The many health benefits of Thai herbs including 3 traditional Thai soup ingredients with powerful anti-inflammatory properties that can fight even the toughest gut bacteria. How to easily find Thai soup ingredients. There are no exotic, difficult-to-find ingredients in this book! You will learn to easily find Thai soup ingredients right where you live. How to make mouthwatering, nourishing Thai Soups including recipes for tom yum, tom kha and many more!How to make medicinal drinking broths (which have potent gut-soothing benefits) using a variety of simple Thai herbs, roots and spices. How to make delicious congees which are simple, rice-based soups commonly eaten for breakfast throughout Asia. Youâ™ll learn how to whip these up faster than a boring old bowl of oatmeal! How to make every recipe taste incredible. Youâ™ll learn to season your soups to your personal liking, just like they do it in Thailand. Â For example, if you donâ™t like spicy, no problem! Youâ™ll learn how to alter each recipe to what you like.Well Loved Recipes for All Skill LevelsIf youâ™re looking for recipes that support your journey towards a healthier life, this book is for you. In fact, this book is designed to fit into busy schedules and the average kitchen setup. Every essential ingredient you need can be found very easily, and there are specific instructions on how to get started. Youâ™re covered every step of the way. Ready to get

started? Get your copy of *The Thai Soup Secret: Transform Your Health with Thailand's Number One Superfood* today. Simply scroll up and select the Add to Cart button.

## Book Information

Paperback: 170 pages

Publisher: CreateSpace Independent Publishing Platform (May 19, 2017)

Language: English

ISBN-10: 1545435871

ISBN-13: 978-1545435878

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 15.7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #983,835 in Books (See Top 100 in Books) #96 in Books > Cookbooks, Food & Wine > Asian Cooking > Thai #8807 in Books > Cookbooks, Food & Wine > Regional & International

## Customer Reviews

Craig Fear is a certified Nutritional Therapy Practitioner (NTP) who specializes in helping others with chronic digestive issues. Before becoming an NTP, Craig traveled extensively in southeast Asia, which kickstarted his love of broth and soup. His training as an NTP taught him how real broths and soups help fix digestive issues such as heartburn, GERD, IBS, dysbiosis, leaky gut and more. This eventually inspired him to travel back to Thailand to learn more. Craig is the founder of the blog Fearless Eating ([www.fearlesseating.net](http://www.fearlesseating.net)) where he shares recipes and digestive health tips. He is also the author *The 30-Day Heartburn Solution* and *Fearless Broth and Soups*. Craig grew up in Port Jefferson, Long Island, and now lives in Easthampton, Massachusetts.

*The Thai Soup Secret* married both my love for Thai food and for nutrient dense bone broths. I'm often craving Thai food and love going out to eat but am never quite sure of the ingredients that are going into my food or if it's being prepared in a healthful way. I find myself making bone broth every few weeks but end up throwing out half of it (or more!) as I don't have a clue of what to do with it besides drink it straight up (which gets quite boring after awhile). I love that I'm now able to make my bone broth and eat it, too! I'm no longer bored with the broth I'm making plus I've been able to notice real results with reduced muscle aches and increased energy after incorporating some of these recipes. My favorite would have to be Coconut Chicken Galangal Soup--what a fun and easy way to

incorporate the magic of bone broth + my favorite thai spices. I know what I'm having for dinner tonight!

Finally a book on Thai soups introducing us all to not only the recipes and culinary tips needed to try this exciting cuisine in our own homes, but also expert advice from a Nutritional Therapist (NTP) on how and why this food nourishes and heals. He addresses it all including:- Cooking with traditional fats & why to avoid vegetable oils- Sourcing quality pastured meats- How to navigate Asian markets and what to avoid- White rice's benefits when properly prepared & combining with other foods- Benefits of the proteoglycans (including collagen) for skin/hair/nails- Triple gem (lemongrass, kaffir lime leaves & galangal root) and their antimicrobial, anticancer, and digestive benefits. The beauty of it is that making soups in general are great ways to eat more veggies and fresh foods along with helping to reduce food waste (at a rampant 40% these days) by using up what 'needs to be eaten' in the fridge. The recipes are easily customizable to particular tastes as they are so versatile. 1st recipe on my list to make will be the Thai Bouillabaisse. Craig's photography is stunning and will leave your mouth watering and your mind turning to your shopping list in excitement to give one of these simple recipes a whirl!" Desiree Lopez, NTP Ancestral Nutrition

This book is jam packed with amazing recipes that leave you wanting to run out to the store and gather the ingredients to begin making them immediately. And it doesn't leave you with the feeling that you're never going to be able to find these ingredients and make these soups as many healthy food recipe books do with their long list of ingredients and complex steps. I want things simple and easy and this book does just that and shows you exactly where to get the most essential ingredients to Thai food. This book is so much more than just a recipe book as Craig takes you through the health benefits and journey of all he's learned through personal study and travel to Thailand. The delicious looking photos of many of the recipes leave your mouth watering to try them. As a fellow Nutritional Therapist, I am excited to begin sharing this book with my clients so they can take advantage of the many healing benefits of Thai soups. Thank you Craig for pouring your heart into this masterpiece! Reviewed by Nancy Rose, NTP, CSCS, CHFS, CGP Owner of Get At The Roots Weight Loss, LLC

This gorgeously written and photographed book is filled with mouth-watering recipes that are easy for home cooks in the Western World to recreate. The tantalizing tales of far-away places will make you feel like you have been transported to the markets and food stalls of Thailand, where smiling

wise local cooks ladle out nourishing, comforting, healing soups that offer a perfect balance of savory-salty-sweet-sour-spicy flavors, all without ever leaving home. I dare you to look through this book without dashing off to the kitchen to whip up some Thai inspired delights that will satisfy your tastebuds, nourish your body and feed your soul.

Craig Fear has done it again, or should I say knocked it out of the ballpark with his latest book *The Thai Soup Secret*. Craig's extensive travels in Asia, and his background as a Nutritional Therapy Practitioner, led him to write this step-by-step guide for the preparation of nutrient dense Thai Soups. The aromatic spices and healing broths, guide the reader into confidence as they develop their own style which brightens both the palate and spirit. Initially intimidated, my mind was eased when I began reading; many of the ingredients I thought would be exotic were already in my pantry and refrigerator. Beautifully written, exceptionally photographed *Thai Soup Secret* is a book that I will turn to throughout the seasons to bring a little piece of Thailand into my home.

simply perfect! this book on thai soups had my mouth watering from the beginning. the layout is very easy to follow, very complete info on why broth based soups are great for our health and digestion and i love the tips listed along the way. i look forward to trying the congees and heading to the market to purchase kefir limes and galangal. really an impressive, complete and easy to follow book on nourishing, tasty soups!

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