STACKED with FLAVOR

An Anti-Inflammatory Cookbook With Dairy-Free, Grain-Free & Low-Sugar Recipes

SHAWNA CORONADO
About the Author

One day Shawna Coronado decided to change her life, up ‘n’ leaving her fancy-pants office job in sales and marketing to find health and happiness. Today Shawna is a wellness lifestyle advocate, author, photographer and media host who campaigns for social good. Because she’s a professional speaker and writer she gets to travel all over the world meeting fun people and sharing her passion.

She teaches her readers how to reduce chronic pain with diet and exercise, grow organic produce and plants — all while exploring smart anti-inflammatory recipes and cooking ideas. Shawna has severe degenerative osteoarthritis of the spine, so she knows what it is like to start from the ground up to find better health. She’s succeeded in finding less pain and more happiness with her lifestyle.


You can find Shawna blogging at shawnacoronado.com; on Facebook at ShawnaCoronadoWellness; on Instagram, Twitter and Pinterest at @ShawnaCoronado; and on YouTube at TheCasualGardener.

PUBLICITY CONTACT
Nancy Heeney
Marketing Coordinator
Ogden Publications
nheeney@ogdenpubs.com
785-274-4304
**Sample Q&As**

**Q:** Why is diet such an important part of controlling inflammatory conditions?  
**A:** Foods that are filled with sugar and saturated fats, such as ultra-processed food products, can trigger inflammatory reactions within your body. Having intense pain related to arthritis or exhibiting symptoms of other inflammatory diseases such as high blood pressure or diabetes? An anti-inflammatory diet has high levels of fresh produce, healthy fats, nutritionally sound proteins and low levels of sugar, saturated fats and ultra-processed foods, so it can be an excellent choice to help you feel better and stay healthy.

Adjusting your diet to address the inflammation in your body isn’t just about eating “miracle foods” that might trigger a response in your system. Helping reduce inflammation with food can happen if you eliminate the processed foods, excess saturated fat and oils, poor dietary choices, and poor daily exercise choices that generate and hold long-term chronic inflammation in your body.

**Q:** What is inflammation, anyway?  
**A:** Chronic inflammation is your body’s response to repetitive distress. This could include physical illness, emotional stress, bodily injury or reactionary allergic sensitivities to foods you eat.

Chronic inflammation is more than a pain response, it’s an important part of a human’s immune system. Defined basically, inflammation is the body’s physiological response to injury. If you’re injured or have an infection, sentinel cells alert your immune system to the problem, sending signals to other cells within your body to help defend against foreign invaders and repair injury. This causes an inflammatory response. Heat, pain, redness, swelling and loss of function are all signs of an acute inflammatory reaction. When the wound is healed, the acute inflammation goes away. Prolonged inflammation is known as chronic inflammation. With persistent chronic inflammation there may be no specific injury such as a cut or pulled muscle, yet the inflammatory response continues throughout the body. This repetitive distress reaction can lead to chronic inflammatory disease.

**Q:** Why was writing *Stacked With Flavor* so important to you?  
**A:** When I was diagnosed with severe degenerative osteoarthritis of the spine in 2015, the pain was so great I could barely walk or sleep. Devastated, I thought my life was over. Discovering that healthy food choices can reduce chronic inflammatory pain changed my pain levels and my life forever. While on my anti-inflammatory food plan, I went from barely walking to walking between three and five miles every day, with almost 80 percent less pain than when I was first diagnosed. I found my health and have my life back. Having had this traumatic life experience, my heartfelt mission is to now help others reclaim their health, life and happiness.

**Q:** What advice do you have for readers who might have just received a diagnosis that requires them to follow an anti-inflammatory food plan and aren’t thrilled?  
**A:** Diseases such as diabetes, heart disease, high blood pressure, arthritis, asthma, ulcerative colitis, Crohn’s disease or any other inflammatory issues that compromise your health need to be addressed. If your health professional has prescribed an anti-inflammatory diet, but you feel as if your food has no flavor without all those added artificial flavorings and extra sugar-filled ingredients you get in packaged goods, then the solution is to add lots of herbs and spices. Fresh herbs from your garden or spice combinations you make yourself can have an amazing effect on taste and encourage you to stay on your healthier meal plan long term, guaranteeing success.

(continued)
Sample Q&As

For me, by using herbs, spices, vinegar, oil and all the items on the Eat This Food List [from Stacked With Flavor] I feel I’ve enhanced the taste of food and truly enjoy eating more than I did before. Using your food list, you can add herbs and spices so your meals taste over-the-top gourmet with very little effort. Cooking the foods on your particular food plan with flavor and deliciousness is what’s going to keep you on your food plan so you can find your wellness.

Q: What changes may readers notice once they start an anti-inflammatory food plan?
A: Changes readers may notice within four to 10 days of going on an anti-inflammatory diet are less inflammation, less pain, better sleep, reduced allergy symptoms and a reduction in gut-related issues. Within 30 to 60 days the results can be significantly more pronounced, with the possibility of weight loss, lower blood pressure, reduced asthma and upper respiratory breathing issues, and lower cholesterol readings. For example, I was able to go off the high blood pressure prescriptions I’d been taking for more than 15 years only 30 days into my food switch. Four years into the anti-inflammatory food plan I am on, I still do not have high blood pressure and rarely take a prescription medicine. I’ve had asthma for 20 years, which was often complicated with allergy-related sinusitis and sinus infections – up to four sinus infections a year. I haven’t had a sinus infection since I began my food plan. With these possible changes in mind, your health can truly be influenced positively by consuming an anti-inflammatory food plan, much like mine.

Q: Stacked With Flavor focuses on “stacking flavors.” How does that work?
A: Stacking and swapping flavors means combining herbs and spices into your own seasonings and layering them throughout your recipes while cooking. For example, for every pound of vegetables in a dish add one to two tablespoons of an herb or spice. If you like more – ADD MORE! If you prefer less – ADD LESS! This is your opportunity to make your food taste the best it can for your personal taste.

Expand your flavor palate and layer more flavors by making your own seasoning mixes that combine your favorite herbs and spices into a delicious foundation for the dish you are making. Making your own seasoning combinations is super easy. You’ll just need air-tight containers to store the seasonings in, a funnel, and individual dried spices, herbs or citrus zest to combine for recipes.

Let’s say you love riced cauliflower flavored with Italian seasoning as much as I do, but you’re craving variety and want to kick it up a notch. Simply replace your Italian seasoning blend with the same quantity of fajita seasoning or curry seasoning for an explosion of flavor. Swapping flavors can add an immense level of variety to the same old dishes you’ve been preparing for years and can encourage you and your family to consume more vegetables and more healthful foods.

Q: Which flavors or flavor combinations really excite you? Why?
A: Hands down, my favorite seasoning combination is a homemade Herbes de Provence Seasoning Mix with extra lavender added. Lavender has this super-power in food – it’s aromatic and is lovely mixed with cauliflower rice, over baked chicken or mixed in with roasted vegetables.

Modern recipes for Herbes de Provence vary. However, the recipes consistently contain lavender and I find you lose a lot of aroma and flavor without it. I add it in my seasoning mix and sometimes add a little extra. Try adding two tablespoons of Herbes de Provence Seasoning Mix to your cooking oil an
hour or so before you start dinner. Then cook your vegetables or meat until almost done and add a bit of the oil to the cooking process. WOW! What a delicious flavor!

**Q:** Specialized food plans sound like more work. What extra planning or prep do I need to commit to?

**A:** THIS IS AN ANTI-INFLAMMATORY LIFESTYLE, not just a diet. The lifestyle is absolutely not difficult whatsoever — that’s the benefit of eating and living well. It features daily walking and exercise as well as eating a smart meal plan. As a testimony to eating this food plan, I eat lots of fresh vegetables and fruits, chicken and eggs, healthy fats, nuts and seeds. I don’t eat ultra-processed, boxed foods full of artificial ingredients. Truly, this food plan is a variation of the Mediterranean Diet, which has been recommended by heart surgeons, holistic health care experts and Integrated Functional Nutritionists for decades.

**Q:** Can you describe your typical eating habits prior to shifting to an anti-inflammatory food plan?

**A:** For 20 years I have been off dairy due to my extreme allergy to molds and fermented foods. Beyond this, I ate light grains and what I thought was a fairly ordinary diet that was healthy – fresh vegetables, a lot of chicken, etc. My addiction to sugar, however, was really the culprit that threw my pain into high levels. The more sugars you eat, the more you crave, so restricting my eating to focus on a no-dairy, no-grain and no-sugar plan for 30 to 60 days was challenging for me. However, once I switched and saw such amazing results – pain reduction, blood pressure reduction and overall well-being – it became clear to me that I needed to remain on the food plan and truly make a switch to a total anti-inflammatory lifestyle.

**Q:** You mention in the book that cauliflower is your favorite veggie. Cauliflower doesn’t usually get a lot of love. What about it makes you sing its praises?

**A:** Cauliflower was always an item that was smothered with cheese and baked to mush when I was a kid growing up in central Indiana. Eating raw cauliflower with a little dairy-free dip or chopping raw cauliflower into a crunchy topping for salads was a fantastical new discovery. I bake cauliflower, crack open an egg over it, and let it bake a bit more for an insanely yummy breakfast treat. Riced cauliflower is fantastic under a dish with a sauce. It’s versatile all the way around and is full of fiber and nutrition – definitely a great choice for any meal of the day.

**Q:** If we walked into your kitchen, what’s the weirdest thing we’d find in your pantry or refrigerator?

**A:** Ha! I’m in middle of remodeling, so it’s madness in my kitchen right now. The most unusual thing you’d find in my pantry is “sesame milk” – I’m trying out a new brand of non-dairy milk this week. My friend came over and gave me a chuckle when she said, “How do you milk those little sesames?”

**Q:** For those of us with families, we know it’s hard to please everyone — especially kids — at meal time. Are these recipes for everyone, or will we be fixing a different meal for the rest of our family?

**A:** These recipes are absolutely for every member of your family. Kids love the chicken and salad bowls. They also love to eat raw vegetable snacks, for instance, so you can prepare nut butter and carrots for them easy-peasy. There are lots of ways you can eat this healthy food plan as a family and work around picky eaters. You’re also the parent, of course, with the power to make rules about your
A spouse is another situation, however. In my household, for instance, my husband refuses to eat vegetables. My food plan features mostly produce – I always have salad and vegetables on the counter. I also make a lot of roasts, chicken and eggs. My husband doesn’t want any of this food. What am I to do? Spend time fixing him the junk food he prefers as well as fix food for myself? No. It’s his choice to eat the way he eats and I am not his mother. I make enough delicious food for anyone in the household to share with me. If I prepare a beautiful meal and he comes home unwilling to eat it, then he has to fix what he wants for himself. I’ve noticed that, very, very slowly, he’s coming around to a few healthful foods.
NEW COOKBOOK DISHES UP A FLAVOR EXPLOSION WITH ANTI-INFLAMMATORY BENEFITS

Stacked With Flavor infuses dairy-free, grain-free and low-sugar food plan with delicious herb and spice combinations

TOPEKA, Kan. – Do chronic conditions such as arthritis, diabetes, heart disease, allergies or asthma cause you constant pain? Enlist your spice rack to fight inflammation – and treat your taste buds.

In *Stacked With Flavor: An Anti-Inflammatory Cookbook With Dairy-Free, Grain-Free & Low-Sugar Recipes*, Shawna Coronado introduces the concept of “stacking” herbs and spices in her recipes. This flexible method of layering and combining herbs, spices, citrus and oils with foods gives readers meals bursting with flavor – without missing common inflammatory ingredients such as gluten, dairy products, high-sugar fruits and fatty meats. Coronado organizes the recipes by breakfast, lunch, dinner and snacks.

Anyone can enjoy these recipes, especially those looking to change their diet to curtail chronic inflammation. Coronado shares her struggle with osteoarthritis and how working with an Integrative Functional Nutrition-accredited nutritionist to create an alternative food plan slashed her daily pain by 80 percent.

“When I was diagnosed with severe degenerative osteoarthritis of the spine, the pain was so great I could barely walk or sleep. Discovering that healthy food choices can reduce chronic inflammatory pain changed my pain levels and my life forever,” says Coronado. “More than a cookbook filled with recipes, this guide can be a positive step toward a personalized wellness lifestyle that can bring you pain relief and improved health.”

This isn’t a fad or extreme diet, either. The alternative food plan in *Stacked With Flavor* is designed as a lifestyle change. Coronado understands breaking old habits and building new ones isn’t easy, so she provides upbeat strategies for sticking to the new plan, including how to start with an elimination diet to see which foods trigger inflammation. She also offers tips to save time on meal prep, measurement and conversion charts for produce, and information on common kitchen tools used to prepare meals.

*Stacked With Flavor* sells for $24.95 at [MotherEarthNews.com](http://www.MotherEarthNews.com) and [Grit.com](http://www.Grit.com), or by calling 800-234-3368 or 866-803-7096.

About Ogden Publications

Ogden Publications Inc. ([OgdenPubs.com](http://OgdenPubs.com)) is the leading information resource serving the sustainable living, rural lifestyle, farm memorabilia and classic motorcycle communities. Key brands include *Mother Earth News*, *Mother Earth Living*, *Utne Reader* and *Grit*. Ogden Publications also provides insurance and financial services through its Capper’s Insurance Service division.

---

*Stacked With Flavor: An Anti-Inflammatory Cookbook With Dairy-Free, Grain-Free & Low-Sugar Recipes*

Do you live with chronic pain? Then take a good, hard look at what you eat. The thought of cutting out dairy, grains and sugar sounds daunting — and, let’s be honest — boring! But if you’re battling conditions such as arthritis, diabetes, heart disease, chronic pain or allergies, switching to an anti-inflammatory food plan may signal a new lease on life. The best news? The flavor possibilities will knock your socks off!

Author Shawna Coronado takes you through her quest to subdue her osteoarthritis, including sharing recipes to whip up mouthwatering breakfasts, lunches, dinners and snacks packed with inflammation-fighting yet flexible herb-and-spice combinations. You’ll also get tips on cooking methods for over-the-top flavor, ideas for meal prepping to save time, and more.

Softcover | $24.95 U.S.
Nonfiction | 224 p.

NOW AVAILABLE ONLINE AND BY PHONE

www.MotherEarthNews.com or 800-234-3368
www.Grit.com or 866-803-7096
www.Amazon.com