



Paleo Slow Cooker Cookbook: Over 80 Quick Easy Gluten Free Paleo Low Cholesterol Whole Foods Recipes full of Antioxidants Phytochemicals (Natural Weight Loss Transformation) (Volume 100)

By Don Orwell

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 150 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. How Can You Go Wrong With Superfoods-Only Diet FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer theyre all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Paleo Slow Cooker Cookbook has over 80 Paleo Slow Cooker recipes. All recipes are created with 100 Superfoods ingredients. Most of the meals can be prepared in under 10 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. - Hippocrates 460 - 370 BC The best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. Its nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because its...



Reviews

Extensive information for book fans. It is writter in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Yearbook Volume

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