The book was found

Eat More Produce: 50+ Ways To Say Goodbye To Lupus



EAT MORE PRODUCE 50+ Ways to Say Goodbye to Lupus by Eva Norman





Synopsis

Eat More Produce, 50+ Ways to Say Goodbye to Lupus is a recipe book that shows us how we can eat more produce, detox our body and uncover our truly healthy selves.

Book Information

Paperback: 98 pages Publisher: CreateSpace Independent Publishing Platform (December 14, 2015) Language: English ISBN-10: 1519638078 ISBN-13: 978-1519638076 Product Dimensions: 7 x 0.2 x 10 inches Shipping Weight: 8.6 ounces (View shipping rates and policies) Average Customer Review: 4.3 out of 5 stars Â See all reviews (6 customer reviews) Best Sellers Rank: #465,491 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #305 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

Wanted something new and healthy for the New Year. This book was perfect. I'm a novice trying to eat healthy and this book had easy recipes to follow. We are starting off slowly with Meatless Mondays and then hopefully adopt more into our diet as we get accustomed to the food.

Excellent book! I recommend it to everyone. I have tried most of the recipes and they are absolutely delicious. The book is well written and the recipes are easy to follow. I love the photos, they are vibrant in color and that alone is enticing. We all need to include more fruits and vegetables in our diet. They are good for us and fight off many diseases. Having a family who doesn't like a lot of fruits and vegetables like myself. I found that they ate everything I prepaired from this book and they really enjoyed them. I also found that incorporating these recipes into my diet has helped to stave off the negative side effects from my having an Autoimmune Disorder. I will close by saying Eva's background as a former Biomedical Engineer, a Certified Plant Nutritionist and Detox Specialist is what made me want to try her book. Leave it to her to show you the way to a healthier way of eating.

I have been a long time meat, potatoes, & vegetable eater. When I found this book, I thought that it might offer me a nice way to diversify my diet a little. I am not going to give up meat but the recipes

in "Eat More Produce" look like a good way for me to make an occasional change to my regular diet. For the most part all of the various ingredients mentioned are locally available and reasonably priced. Recipes appear to be easily prepared and cover a wide range of fresh fruit and vegetable options that should satisfy my taste when I choose to discard the meat option for a meal.

Download to continue reading...

Eat More Produce: 50+ Ways to Say Goodbye to Lupus Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All Keep It Shut Study Guide: What to Say, How to Say It, and When to Say Nothing At All Conversationally Speaking: WHAT to Say, WHEN to Say It, and HOW to Never Run Out of Things to Say (Communication Skills, Social Skills, Small talk, People Skills) Goodbye Lupus: How a Medical Doctor Healed Herself Naturally With Supermarket Foods Green Smoothie Recipes to Kick-Start Your Health and Healing: Based On the Best-Selling Book Goodbye Lupus MAGIC WAND FOR SALE, a story about lupus: A book that helps you to explain your Children to understand LUPUS The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. The Lupus Answer - Holistic Lupus Diet & Treatment The Lupus Guide: An education on and coping with Lupus Connective Tissue Diseases: Holistic Therapy Options--Sjoegrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Picture Book: Time To Say Goodbye: An interactive Picture Book for preschool kids, with 3 amusing endings!)(Bedtime Stories Children's Books for Early & Beginner Readers From Truthy Ruthy Series) Say Goodbye to Children's Allergies Time to Say Goodbye: a heartbreaking novel about a father's love for his daughter Say Goodbye to Varicose & Spider Veins Now! Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies No Time to Say Goodbye: Surviving The Suicide Of A Loved One ePublishing with InDesign CS6: Design and produce digital publications for tablets, ereaders, smartphones, and more Boundaries Participant's Guide---Revised: When To Say Yes, How to Say No to Take Control of Your Life

<u>Dmca</u>