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Nourish: The Paleo Healing Cookbook: Easy Yet Flavorful Recipes that Fight Autoimmune Illnesses (Paperback)

By Rachael Bryant

Page Street Publishing Co., United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Autoimmune illnesses affect more than 23 million Americans, causing numerous reactions, anywhere from fatigue and itchy skin to enlarged liver and blood clots. One of the leading ways to deal with these problems is to adjust your diet. With these outstanding and nutrient dense Paleo recipes such as Pork Belly Carnitas, Glazed n Baked Chicken Wings and Calamari Ceviche Salad, you won t even know you re adjusting your diet. Plus, this book includes simple lists of different foods you can and cannot eat so there is no grey area, how to source your meats to get the most nutritional benefits and batch cooking guides to save you time and money. Easing the symptoms of autoimmune illnesses has never been easier with these delicious Paleo recipes. This cookbook is the perfect companion for anyone who is looking to heal his or her body with nutrition.



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