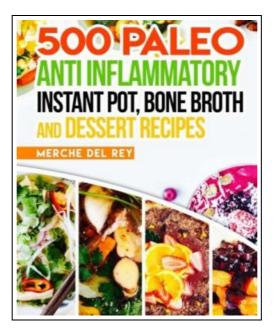
## 500 Paleo Anti Inflammatory Instant Pot, Bone Broth and Dessert Recipes (Paperback)



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## Reviews

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## 500 PALEO ANTI INFLAMMATORY INSTANT POT, BONE BROTH AND DESSERT RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\* Turn back the clock and look and feel years younger 500 Delicious, Mouthwatering Recipes for you and your family to enjoy One of the most influential developments in the world of smart nutrition has been the revolution in our understanding of how our bodies respond to the food we put in our mouths. Today, the most widely respected eating style, a diet that consistently delivers outstanding results, is the Paleo Eating method, a superbly efficient and highly enjoyable way to fuel our need and restore optimum health and wellbeing. It s also a fabulous way to burn off stubborn fat and unleash new levels of energy and vitality. Now, the benefits of the Paleo Diet have been brilliantly combined with all the advantages and convenience of the Instant Pot cooking method. The results? A superb collection of highly nutritious and superhealthy dishes that can be prepared easily and quickly with the amazing Instant Pot cooking utensil. Food should always be delicious and this mega collection of five hundred mouth-watering recipes have been designed to help you feel fantastic. But there s more! Paleo reflects the way our bodies have developed over hundreds of thousands of years. For most of our existence as a species, we never had access to all those highly-processed foods and sugars that dominate the modern way of eating. Many doctors involved in Functional Medicine research believe that the dramatic increases in heart disease, obesity, diabetes and cancer is largely a reflection of the completely unnatural way we eat. The answer to so many of our health issues can be found at the end of our forks. With this massive collection of five hundred creative Paleo recipes, featuring the...

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