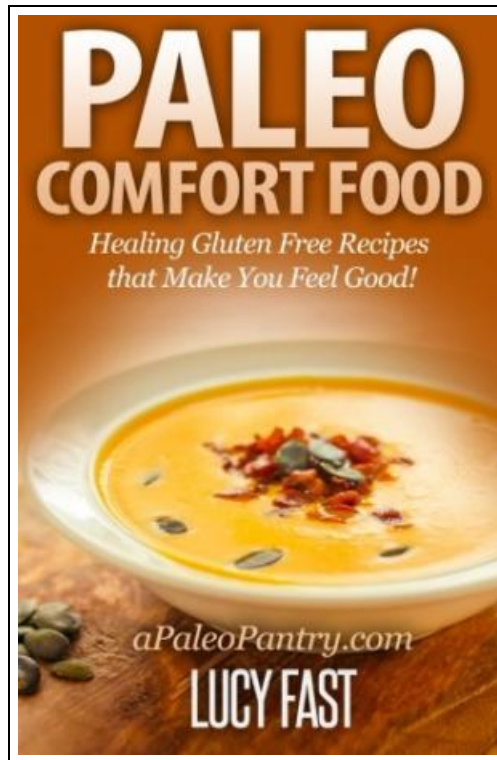


Paleo Comfort Food: Healing Gluten Free Recipes That Make You Feel Good!



Filesize: 1.98 MB

Reviews

Very helpful to all of group of men and women. It can be written in easy terms instead of confusing. You will like how the writer writes this book.

(Dr. Daren Mitchell PhD)

PALEO COMFORT FOOD: HEALING GLUTEN FREE RECIPES THAT MAKE YOU FEEL GOOD!



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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.We live in an era of Overnight Evolution. It seems like the great minds of Science and Medicine break new ground every other day, revealing knowledge and inventing technologies that our Paleolithic ancestors would see as nothing short of miraculous. Yep, we've come a long way in the last 10,000 years. But the more advanced we become in our understanding of health and nutrition, the more obvious it is that the cave dwellers had it right all along! And that's what being a Paleoite is all about: Going back to the basics and sticking to the diet that made our ancestors physically and biologically healthy enough to grow into the dominant species on Earth. The thing is, our taste buds have evolved too, and we don't have to spend all day trying to brave the elements and protect our families from starvation like they did! We live in the age of options, and abstaining from our favorite grain and dairy-based comfort foods feels about as right as living in a cave. But that's not how it has to be, and bestselling author Lucy Fast is here to prove it! **Paleo Comfort Food: Healing Gluten Free Recipes that Make You Feel Good!** will change the way you think about your diet. With Paleo recipes for more than 30 mouthwatering comfort food classics, you'll get to reap the benefits of Ideal Nutrition without feeling like your tongue got stuck in Stone Age! In this guide you will learn: How to prepare Incredibly Nutritious and Delicious Bone Broth How to make Lucy's Creamy Caveman Chowder How to bring out your inner aboriginal with the Island...



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