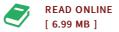




The Detox Kitchen Bible (Hardback)

By Lily Simpson, Rob Hobson

Bloomsbury Publishing PLC, United Kingdom, 2015. Hardback. Condition: New. Language: English . Brand New Book. Lily Simpson runs The Detox Kitchen, whose boutique delis and specially designed health menus have won thousands of customers - including international celebrities. She and consultant nutritionist Rob Hobson are devoted to their philosophy of great health through great food. Inside this book are 200 of Lily s exquisite recipes - brightly delicious and packed full of flavour thanks to her clever combinations of herbs, spices and oils. All wheat-, dairy- and refined sugar-free, you II find recipes for invigorating breakfasts, zingy raw salads, delicious snacks and dips, vibrant fish and meat dishes, and scrumptious sweet treats. But this is not just a recipe book. Rob explains how to use these dishes to target your health needs, whether that s losing weight, gaining energy, getting clearer skin - or just having a weekend detox after a few days of indulgence. Eat your way to glowing health with this smart new guide to daily wellbeing.



Reviews

Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book.

-- Dr. Kim Bergnaum

A brand new e book with a brand new standpoint. I have read through and that i am certain that i am going to gonna go through again once more in the future. Its been developed in an remarkably simple way in fact it is merely right after i finished reading through this book in which basically modified me, modify the way in my opinion.

-- Prof. Llewellyn Thiel

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CROSSWAY BOOKS, United States, 2014. Hardback. Book Condition: New. Large Print. 249 x 178 mm. Language: English. Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV Study Bible into a highly readable, large-print...

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America s Longest War: The United States and Vietnam, 1950-1975

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English. Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America s Longest War explores the origins of the...

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Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....

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Cat's Claw ("24" Declassified)

Pocket Books, 2007. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday. FREE...

Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback) Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...