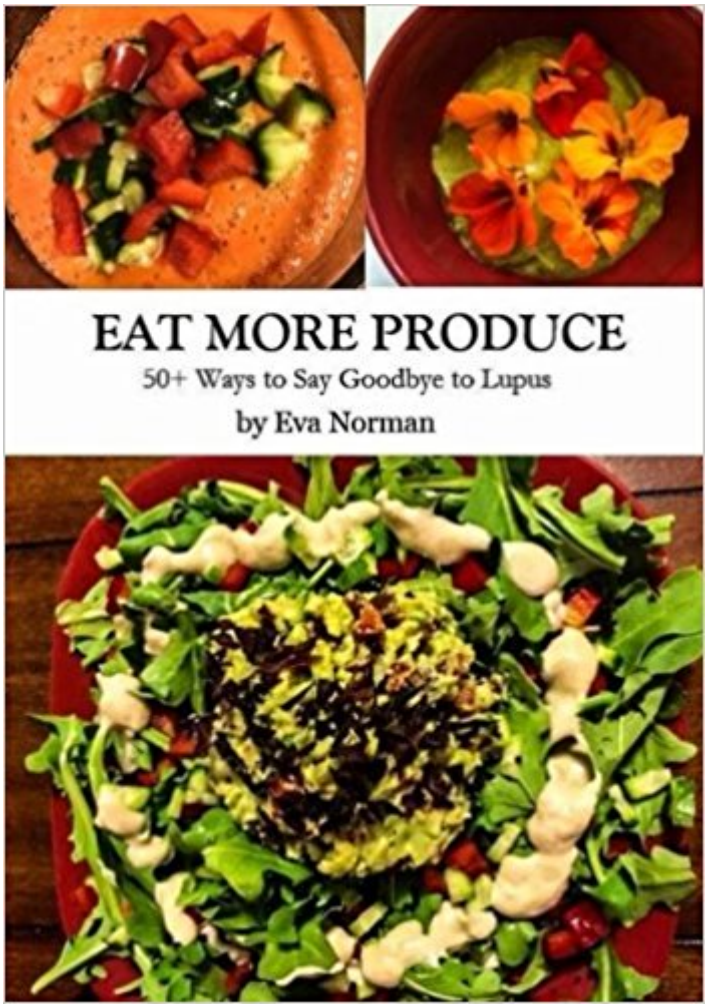
Ebook Directory
the best source of ebook

The book was found

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




PDF
Adobe
DOWNLOAD EBOOK

## 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 7 customer reviews

Best Sellers Rank: #557,135 in Books (See Top 100 in Books) #34 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #306 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

Eva Norman studied Biomedical Engineering at University of Southern California. Other pursuits in health include certifications in massage therapy, personal training, health coaching, detoxification, and Plant Nutrition through Cornell University. Currently, Eva is studying for her Ph.D. in Holistic Nutrition. Her personal experiences with Lupus like conditions for over 15 years fueled her desire to understand how the body worked and what was going wrong. Toxic overload was the true cause of her condition and detoxing and allowing the body to heal through lifestyle changes and herbal protocols was the solution. Today she lives free of inflammation symptoms, feels great and wants to help remove suffering from others experiencing the same debilitating symptoms. Her focus is on health education through writing and social media, and providing consultation to large institutions so they may provide more meals based in fresh produce to their patrons.

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.

This cook book is full of fresh, healthy, delicious recipes. So many combinations I never would have considered, but the results are so tasty. There is no doubt in my mind that eating this way would improve my health and add years to my life!

This book really broadened my view and understanding of how produce, eaten at the height of its season, can awaken all my meals with fresh flavors and healthy, nutrient dense dishes.The seasonal charts detailing what and when produce are at their peak has made me more confident about trying produce I don't usually buy. All the best fruits and vegetables are not grown in summer, and now I know which.The soup, salad and dressing (Worth it for the salad dressings alone!) recipes are each followed by beautiful pics that show you the finished product.This book is for anyone in a food rut, for those wanting to take their plant based diet to the next level, or for those trying to include more real, fresh food to an otherwise tired, cooked plate. Eat More Produce is a must buy!

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.

This was a gift and my friend was delighted

It is not available on a standard Kindle. I wanted to read it but not on my phone or PC. Returned it.

Disappointed.

Download to continue reading...

Eat More Produce: 50+ Ways to Say Goodbye to Lupus Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, ... & Other Inflammatory Forms of Arthritis The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, Fibromyalgia, ... & Other Inflammatory Forms of Arthritis Keep It Shut Study Guide: What to Say, How to Say It, and When to Say Nothing At All Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life Diabetes: Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (How to cure diabetes with healthy living and a diabetes diet) 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 Green Smoothie Recipes to Kickstart Your Health and Healing: Based on the Best Selling Book Goodbye Lupus The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus into Remission Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus A Decade of Lupus: Selections from Lupus News Coping with Lupus: A Guide to Living With Lupus for You and Your Family Dubois' Lupus Erythematosus and Related Syndromes E-Book: Expert Consult - Online (Dubois Lupus Erythematosus) 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 Healing Lupus Naturally: Science-Based Natural Lupus Remedies Your Doctor DoesnÃ¢â ¬â„¢t Want You to Know About LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research.

Contact Us

DMCA

Privacy

FAQ & Help