
PALEO POWER

Paleo Pastries

Delicious Paleo-Friendly Pastries



Paleo Power Paleo Pastries Delicious Paleo Friendly Pastries

Rosina Ehmann



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Power,2013-12 Thanks for checking out the Paleo Power Recipe series In this book you will find many delicious truly health conscious Paleo friendly recipes to that will help you reach your health goals The recipes you ll find are free of gluten grains processed sugar and other harmful refined food substances Note This is a 2 book compilation from the Paleo Power series Make sure to check out the other titles from Paleo Power **The Paleo Approach** Sarah Ballantyne,2014-01-28 An estimated 50 million Americans suffer from some form of autoimmune disease If you re among them you may know all too well how little modern medicine can do to alleviate your condition But that s no reason to give up hope In this groundbreaking book Sarah D Ballantyne PhD draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom free the natural way The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery Read it to learn why foods marketed as healthy such as whole grains soy and low fat dairy can contribute to the development of autoimmune conditions Discover what you can eat to calm your immune system reduce inflammation and help your body heal itself Find out which simple lifestyle changes along with changes in diet will make the biggest difference for your health There s no need to worry that going Paleo will break the bank or require too much time in the kitchen preparing special foods In The Paleo Approach Dr Ballantyne provides expert tips on how to make the switch easily and economically Complete food lists with strategies for the day to day how stay within your food budget where to shop for what you need how to make the most out of your time in the kitchen and how to eat out take all the guesswork out of going Paleo Simple strategies for lifestyle adjustments including small steps that can make a huge difference guide you through the most important changes to support healing Do you have a complicated condition that requires medical intervention medication or supplements Dr Ballantyne also walks you through the most useful medical tests treatments and supplements as well as the most counterproductive ones to help you open a

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