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365 Days of Paleo Spiralizer Recipes (Paperback)

By Mercedes Del Rey

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 365 Days of Paleo Spiralizer Recipes Discover the incredible versatility of natural food and turn every mealtime into a feast for you and your loved ones One of the most effective, healthiest and most thoroughly researched eating styles today is the highly-respected Paleo Method, a wholly natural way of eating that is transforming and improving the lives of millions. Based on a complete understanding of how our bodies prefer to be fuelled, the Paleo Method grew from a realisation amongst health professionals that the modern diet of highly-processed food was the underlying cause of dozens of diseases. The explosion in obesity rates, diabetes, heart disease, auto-immune problems, cancer and hormonal imbalances has been closely linked to the modern, Western diet. And, having identified the problem, doctors and nutritionists quickly found the answer: wholesome, natural food, prepared and served in the right proportions, could overturn and reverse health problems, burn off excess fat from the stubbornest deposits around the body and restore vigorous good health from top to toe. The answer is on the end of our forks. Always popular because of...



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