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



EAT MORE PRODUCE

50+ Ways to Say Goodbye to Lupus

by Eva Norman



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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

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Customer Reviews

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.

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 prepared 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.

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