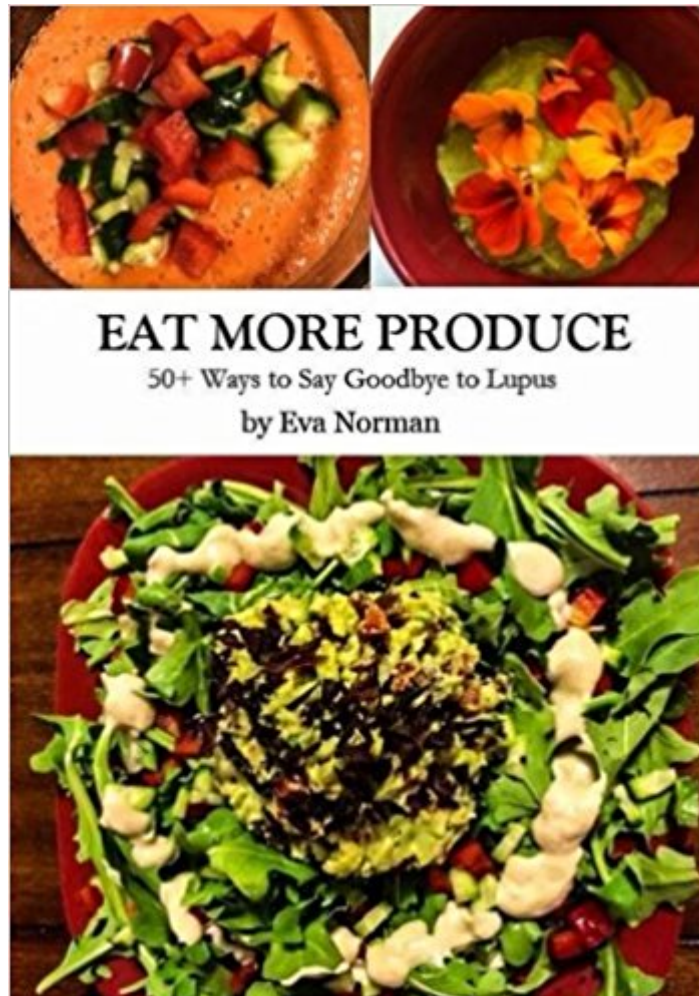




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Eat More Produce: 50+ Ways To Say Goodbye To Lupus



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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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 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #306 in 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 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.

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.

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