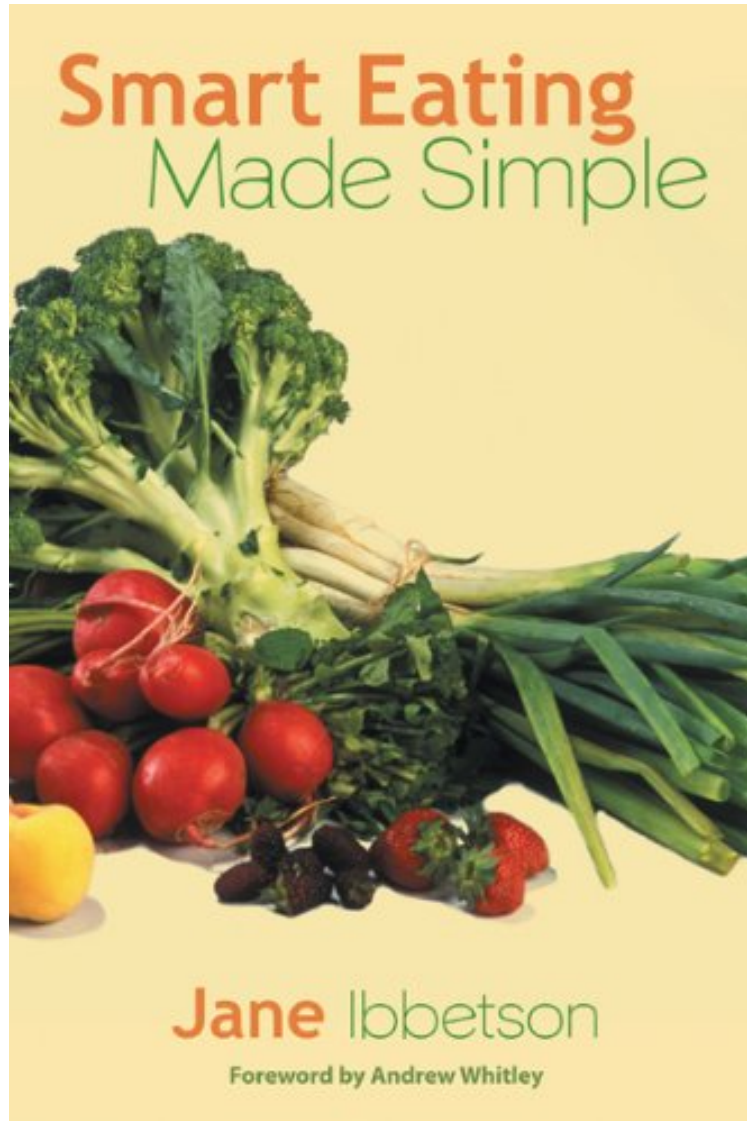


(Ebook free) Smart Eating Made Simple (English Edition)

Smart Eating Made Simple (English Edition)

Von Jane Ibbetson

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Von Jane Ibbetson : Smart Eating Made Simple (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Smart Eating Made Simple (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.
Wonderful book!Von BluePlumThis is a great book for people who want to learn all about healthy eating. There's something for everyone from the beginner to the gourmet cook. And there is sooo much information about how food affects your health. Jane is an "I've been there, done that" kind of lady and her advise is honest and from experience. I've tried some of her recipes and they are amazing! I had never thought of putting saurkraut into a soup (quite

adventurous) but when I tried the soup, it was so delicious and hearty, I couldn't stop eating. Best part, I felt more energized afterward (instead of the usual "food coma"). And the hibiscus cooler is my new favorite low calorie drink. Even without the sugar it is tasty and very refreshing and the natural red color makes it exciting for the kids, too. I will definitively serve this one at our next BBQ.

Kurzbeschreibung Tired of being sick and sick of being tired? Follow this comprehensive guide for smart eating for an invigorated and healthy life. Current research concurs the plant-based, whole foods diet awakens your genes to better health. Smart Eating made Simple provides: A step-by-step guide of what to eat Scientific understanding of every plant nutrient Information regarding the healing power of plants An extensive list of evidence on disease prevention An abundance of plant-based recipes Learn the best nutrition-based approach to healthy eating that you follow and enjoy day after day, year after year, putting an end to life-threatening diseases, and requiring less expensive medical procedures or medications. Good nutrition is 20% knowledge and 80% action. Kurzbeschreibung Tired of being sick and sick of being tired? Follow this comprehensive guide for smart eating for an invigorated and healthy life. Current research concurs the plant-based, whole foods diet awakens your genes to better health. Smart Eating made Simple provides: A step-by-step guide of what to eat Scientific understanding of every plant nutrient Information regarding the healing power of plants An extensive list of evidence on disease prevention An abundance of plant-based recipes Learn the best nutrition-based approach to healthy eating that you follow and enjoy day after day, year after year, putting an end to life-threatening diseases, and requiring less expensive medical procedures or medications. Good nutrition is 20% knowledge and 80% action. ber den Autor und weitere Mitwirkende Jane Ibbetson, who holds a Master of Science in Nutrition, worked as educator and nutritional counselor for high-risk families. Jane and her husband live in Arizona and have 6 children and 12 grandchildren. Amazed that her parents completely changed their