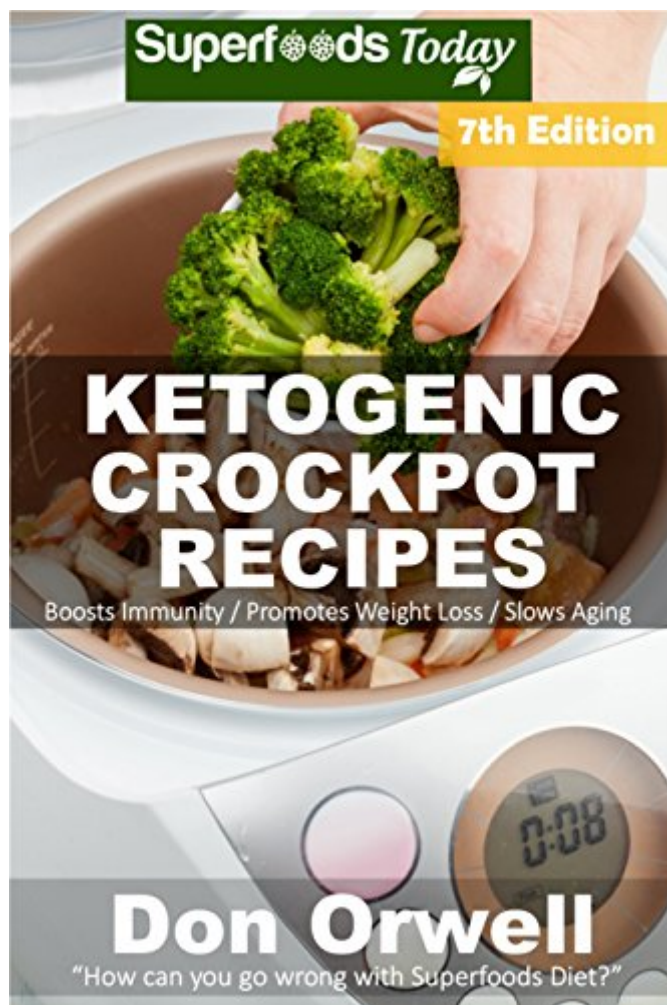


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Synopsis

How Can You Go Wrong With Superfoods-Only Diet?FACT:Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer â “ theyâ™re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!!Ketogenic Crockpot Recipes - seventh edition book contains ketogenic recipes from my other Superfoods books. Some ingredients have little bit more carbs and they are marked as optional and it is up to you to include them. All recipes are created with 100% Superfoods ingredients. This 170 pages long book contains recipes for: â ¢ Superfoods Stews â ¢ Superfoods Casseroles â ¢ Superfoods Crockpot Recipes Most of the meals can be prepared in under 15 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BCThe best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because itâ™s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ™s hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance.Superfoods Diet is the only diet that doesnâ™t restrict any major type of food. It features: â ¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â ¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils â ¢ Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat â ¢ Simple non-processed Dairy: Greek Yogurt, Farmerâ™s Cheese, Goat Cheese â ¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: â ¢ Start losing weight and boost energy â ¢ Get rid of sugar or junk food cravings â ¢ Lower your blood sugar and stabilize your insulin level â ¢ Detox your body from years of eating processed foods â ¢ Lower your blood pressure and your cholesterol â ¢ Fix your hormone imbalance and boost immunity â ¢ Increase your stamina and libido â ¢ Get rid of

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Customer Reviews

Don Orwell has become one of my favorites for a healthy diet. And this cook-book is superb, with excellent Ketogenic crockpot recipes. The meals are easy to prepare and very healthy. And the recipes are clearly written with excellent mouth-watering photographs. Sincere recommended!

I loved reading about the Ketogenic Diet, the author does a really great job at going over the history and how the diet became so popular! The book is also filled with recipes, that I found to be easy to prepare and cook. The recipes in this book are well written and I also found them to be very delicious. The author also does a great job for motivating you to stay on track, she gives many tips and advice for staying on the ketogenic diet, such as being able to plan your meals ahead of time. Around our house, we are convinced that Paleo is the way to go. I'm the main cook for our family,

so I'm always on the lookout for new Ketogenic recipe books.

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