



Health, Healing, Weight Loss and Beauty Guide: Health Information Loaded Guide

By Nadia Kandeela

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A comprehensive guide for good health, weight loss and many beauty benefits. Healing power of many food items explained in easy to understand manner. Innumerable tips for good health and healthy lifestyle by giving day to day examples. More than hundred healthy and interesting recipes of salads, entree, smoothies, desserts, snacks, sandwiches, for breakfast, lunch and dinner of various cuisines have been provided keeping in mind the differences of cultures, likes and dislikes of international community and adapted for world wide better usage. A ketogenic diet is explained in detail with examples and due consideration to its scientific approach for its best use and better understanding for weight loss and as a treatment for various diseases. Health and healing power of many food and non food items including coconuts, apple cider vinegar, green tea, olives and olive oil, legumes and lentils, herbs and spices, fish and sea food, fruits and vegetables, dairy and dairy products, and many more have been explained in detail while emphasizing their role in health and health giving factors. Meaning of Mediterranean...

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