



## The Paleo Epigenetic Cook Book (Paperback)

By Beran Parry

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Welcome to the ultimate Paleo Recipe Book, 420 fabulous meal recommendations, 365 mouth-watering recipes, 12 weeks of life-enhancing Paleo Daily Meal Planners, 12 Categories of Recipe Plans. This is your dedicated Paleo Epigenetic Resource, specifically designed to help you to restore your body to its best possible condition. Your life is about to receive a major boost. You know that you are absolutely what you eat. Smart eating is the body's best defence against disease. And now The 365 Paleo Epigenetic Diet Revolution Recipe Book is ready to arrive on your dining table and revolutionise your health and well being! Packed full of the most delicious, nutritious and life-affirming ingredients, the all-new Recipe Book will kick-start your health programme and help you to get in the best shape ever - whilst encouraging you to really enjoy the process! Who said intelligent eating was boring? The Paleo Epigenetic recipes are so delicious - you'll want to use them every day, all the time. The book is ready. It's waiting. We live in an incredibly busy world...



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-- **Trent Monahan**

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-- **Tara Jerde**

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