



The Loving Diet: Going Beyond Paleo into the Heart of What Ails You

Dr. Jessica Flanigan

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“This book is a must-read for anyone struggling to heal...”

- Diane Sanfilippo, *New York Times* bestselling author of *Practical Paleo*

How can we make our life work for us instead of against us? Can the entire nature of disease actually be a gift? Can joy and abundance be yours in unlimited amounts— despite the presence of illness? What is the role of forgiveness and held beliefs in relation to disease? *The Loving Diet*[™] introduces a fresh approach to your current health care plan: Love.

The Loving Diet[™] goes beyond typical Paleo food plans because it incorporates not only the low-inflammatory Autoimmune Paleo diet but also the spiritual, heart-centered side of healing. *The Loving Diet*[™] incorporates a new mindfulness approach to heal what ails you through diet, love, and trust.

The Loving Diet[™] provides a full road map of healing. In addition to teaching you exactly how to incorporate love into how you approach your illness, it provides meal plans and recipes that favor low inflammation and nutrient dense foods. It also includes loving affirmations, helpful sidebars and prescriptive exercises, as well as stories of people who have followed The Loving Diet[™] and experienced its extraordinary benefits.

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Mia Shaw:

The book The Loving Diet: Going Beyond Paleo into the Heart of What Ails You has a lot of information on it. So when you check out this book you can get a lot of gain. The book was published by the very famous author. This articles author makes some research before write this book. This book very easy to read you can get the point easily after reading this book.

Timothy Reed:

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Robert Murphy:

In this period globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. Often the book that recommended for your requirements is The Loving Diet: Going Beyond Paleo into the Heart of What Ails You this reserve consist a lot of the information in the condition of this world now. This book was represented just how can the world has grown up. The language styles that writer use to explain it is easy to understand. The writer made some research when he makes this book. That's why this book acceptable all of you.

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