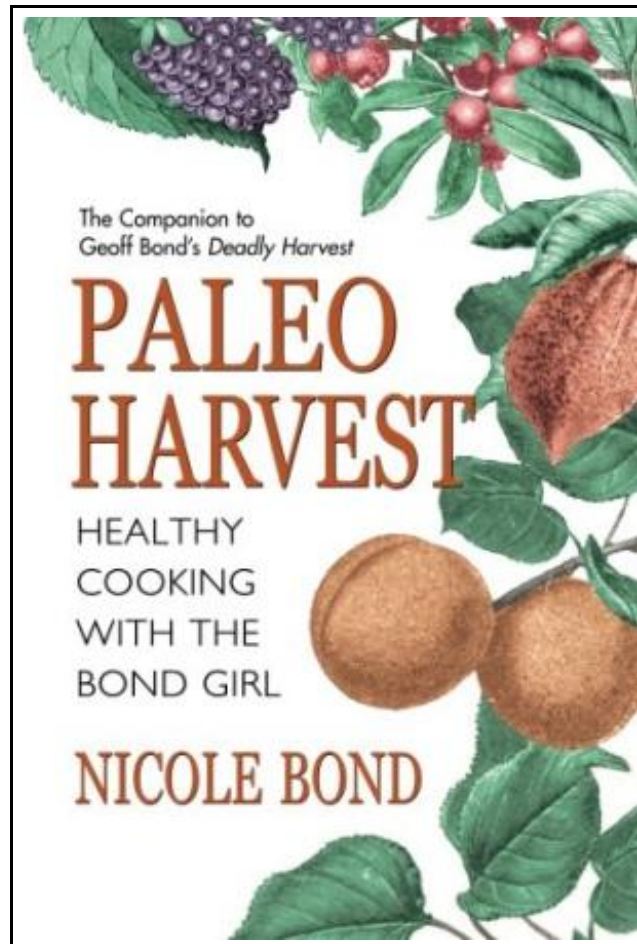


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PALEO HARVEST: HEALTHY EATING WITH THE BOND GIRL (PAPERBACK)



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Bond Effect Publications, United Kingdom, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo means Free-From: dairy, gluten, sugar (sucrose), soy, bad fats, wheat and grains. It is Diabetic-friendly, low GI and low carb. We have designed all these recipes to conform to the principles of eating in harmony with our Paleolithic past. That is, they are in accordance with the basic guidelines formulated by nutritional anthropologist Geoff Bond in his book *Deadly Harvest*. So when you follow these recipes you know that you are doing the right thing by yourself and your family. This way of life does not need you to eat in an outlandish way. Your dinner guests will be surprised to find that they have been eating what seem like conventional dishes. Only you will know what subtle, yet vital changes in ingredients - and in cooking - you have made. THE PRINCIPLES Nature fashioned our bodies to be nourished in a particular kind of way - one that is special to us humans. However, for many generations, we have meddled in a state of ignorance with our food supply. The results have not always been happy ones, leading to diseases of civilization , like cancer, heart disease, osteoporosis and diabetes. Geoff s book *Deadly Harvest* (see back page) describes how this happened and how we finally know the right way to feed us humans - or as he puts it: how to put the right gas in the tank ! There are many surprises. We learn that many foodstuffs that we take for granted are secretly undermining our health. But the message is an optimistic one: we do not need to be food fascists - we just need to prioritize what is important and...



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