



**Ketogenic Crockpot Recipes: Over 90+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Natural Weight Loss Transformation Book)**

*Don Orwell*

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## **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 – they'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 - **third 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 140 pages long book contains recipes for: • Superfoods Stews • Superfoods Casseroles • 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.

## **“Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC**

The 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 it'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 today'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 doesn't restrict any major type of food. It features: • Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado • Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils • Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat • Simple non-processed Dairy: Greek Yogurt, Farmer's Cheese, Goat Cheese • 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: • **Start losing weight and boost energy** • Get rid of sugar or junk food cravings • **Lower your blood sugar and stabilize your insulin level** • Detox your body from years of eating processed foods • **Lower your blood pressure and your cholesterol** • Fix your hormone imbalance and boost immunity • **Increase your stamina and libido** • Get rid of inflammations in your body

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**Vincent Humphreys:**

In this age globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of references to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. Often the book that recommended for your requirements is Ketogenic Crockpot Recipes: Over 90+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Natural Weight Loss Transformation Book) this reserve consist a lot of the information from the condition of this world now. This specific book was represented how does the world has grown up. The words styles that writer make usage of to explain it is easy to understand. Typically the writer made some analysis when he makes this book. That is why this book acceptable all of you.

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