



Slimming Meals That Heal: Lose Weight Without Dieting, Using Anti-inflammatory Superfoods

Julie Daniluk R.H.N. R.H.N.

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With her debut bestselling health book and cookbook, *Meals That Heal Inflammation*, nutritionist Julie Daniluk created the definitive guide to understanding inflammation and its link to chronic disease. With *Slimming Meals That Heal*, Julie highlights the all-important relationship between inflammation, allergies, and weight gain—and offers up over 120 new recipes.

All too often, diets fail because they are a self-imposed temporary food prison that people can't wait to escape. *Slimming Meals That Heal* will shatter the need to count calories and will conquer cravings by offering the Live-It, a delicious new way of eating that reduces the inflammation that looms in the background of anyone who struggles with their weight. Julie's clients who have followed the SMTH anti-inflammatory plan have lost 25, 45, and even 100 pounds.

Slimming Meals That Heal deepens the reader's understanding of how food can hurt or heal. The book includes information on cleansing the organs, the specific power of superfoods, and techniques that directly reduce cravings. Julie has devised a 5-step plan on how to boost metabolism and balance hormones, leading to holistic weight balance.

And just as with Julie's first book, *Slimming Meals That Heal* is bursting with easy, tasty, phenomenally healthy, slimming recipes for every meal of the day, from Superfood Quinoa Porridge to Ginger Honey Salmon Soup, and from World's Healthiest Gluten-Free Lasagna to the Best No-Bake Apple Crumble Ever. Once you try the Live-It, you'll leave dieting behind forever as you embrace Julie's exuberant, healthful approach to eating!

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From reader reviews:

Julia Hale:

Have you spare time for a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a move, shopping, or went to the Mall. How about open or perhaps read a book allowed Slimming Meals That Heal: Lose Weight Without Dieting, Using Anti-inflammatory Superfoods? Maybe it is to get best activity for you. You recognize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with their opinion or you have various other opinion?

Charles Wagoner:

Spent a free time for you to be fun activity to complete! A lot of people spent their down time with their family, or their friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled Slimming Meals That Heal: Lose Weight Without Dieting, Using Anti-inflammatory Superfoods can be excellent book to read. May be it is usually best activity to you.

Marvin Davidson:

People live in this new day of lifestyle always try to and must have the free time or they will get wide range of stress from both lifestyle and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we request again, what kind of activity have you got when the spare time coming to anyone of course your answer will probably unlimited right. Then do you ever try this one, reading books. It can be your alternative with spending your spare time, the particular book you have read is definitely Slimming Meals That Heal: Lose Weight Without Dieting, Using Anti-inflammatory Superfoods.

Jamie Harper:

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