

What to Eat and Why to Eat It: The Natural Eating Plan

Ashley A. Paramore N.D.

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WHAT TO EAT & WHY TO EAT IT



THE NATURAL EATING PLAN

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Ashley A. Paramore N.D. : What to Eat and Why to Eat It: The Natural Eating Plan before purchasing it in order to gauge whether or not it would be worth my time, and all praised What to Eat and Why to Eat It: The Natural Eating Plan:

0 of 0 people found the following review helpful. I Love Your Book !By Glenda CarlsonDr. Paramore is my naturalpathic doctor here in Dothan, Alabama and I have been seeing her for about three years now. She is very knowledgeable in her field of expertise and has helped me tremendously. I must say that I have not yet used any of the recipes in her book as yet (it is a discipline factor I'm dealing with). However, let me say this. Two years ago when my husband was diagnosed with pancreatic stage four cancer metastasized to the liver, we started on a special eating plan she gave us. I must say that in six weeks I lost about 15 pounds I had desperately been trying to lose for years. In addition to that I felt better than I had in 20 years. I felt great. My husband refused to stay on the plan, so I slipped as well. However, I am praying hard for discipline and I am about to shake things up a bit, as I make a firm stand on our eating habits, and begin to implement some of these wonderful recipes. When I first started seeing Dr. Paramore I

thought "I wish she had a cookbook". Now she does and I have my own copy and I have NO EXCUSES !!! Thank you Dr. Paramore, I love your book. Now it's TIME to use it !!1 of 1 people found the following review helpful. Soooo helpful!By Amy WI found the information recipes to be very helpful! I am new to eating healthy I appreciated the informative first section that explained in easy to understand language the WHY behind what to eat. I highly recommend!

In "What to Eat and Why to Eat It," Dr. Ashley Paramore outlines the concept of Natural Eating, which is the way we were created to eat. She will teach you the proper foods that will enable your body to become less toxic, reduce inflammation and become healthier the natural way. The title says exactly what this book does: Explains what we should be eating (and what we shouldn't eat) and why and even provides recipes to get you started!