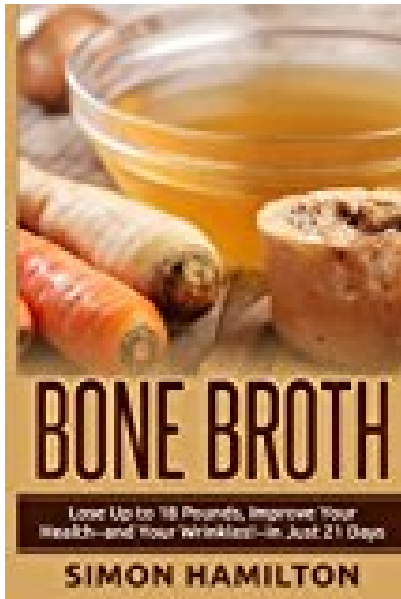


Bone Broth Lose Up to 18 Pounds Reverse Wrinkles and Improve Your Health in Just 3 Weeks



BOOK DETAILS

- Author : Simon Hamilton
- Pages : 46 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1530122554

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BOOK SYNOPSIS

Ever wondered what the benefits of bone broth are? Do you want to know why you could be eating harmful foods? Look no further! My book WILL PROVIDE THE Bone Broth Diet which will help you Lose up to 18 Pounds, Reverse Wrinkles and Improve Your Health in Just 3 Weeks! Did you know that compared to many other developed countries, the diet of most Americans isn't just less healthy, it is practically deadly. This Standard American Diet is slowly killing you!! Nutritionists say it includes too much saturated fats, more than a healthy amount of fats from animals! As such nutritionists have determined that the Standard American Diet leads to an increased risk of cancer, heart disease and stroke. With today's fast-paced lifestyle, avoiding such a dire fate may seem out of the question, but with my book Bone Broth Diet: Lose up to 18 Pounds, Reverse Wrinkles and Improve Your Health in Just 3 Weeks can help place you on the proper path to eating healthier, easier with this truly super food. Bone broth is a crucial component of the paleo diet, a method of eating the way our ancestors did which makes eating healthy a simple affair with no calories to count or strict plans to follow. Inside you will learn:- The types of foods you should avoid at all costs- The many ways the paleo diet can increase your energy and help you get into shape- The many reasons which make bone broth so good for you- The best recipes for beef, chicken, fish, turkey and pork bone broth- And more... Buy Now and Gain exclusive access to the Healthy Eating and Diet Newsletter! What Are You Waiting For? Go Ahead, BUY NOW!, and FEEL THE BENEFITS!

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