



Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle

Dawn M Corridore, Jen W Harris

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Simply BALi, A Complete Guide to a Healthy, Whole Foods Lifestyle will guide you to live a longer, healthier, and tastier life. Learn to prepare foods that promote optimal health, prevent disease and energize the body. There are over 175 delicious, nourishing recipes to satisfy your taste buds and support your body.

After years of research, the BALi Eating Plan® was developed by world-renowned physician Roby Mitchell, M.D. (Dr. Fitt) to address the cause of most non-infectious western medical conditions... INFLAMMATION. Cancer, asthma, Alzheimer's, osteoporosis, diabetes, autoimmune conditions, autism, acne, high blood pressure, strokes, and high cholesterol are all driven by inflammation.

Simply BALi, A Complete Guide to a Healthy, Whole Foods Lifestyle takes the foods from the BALi Eating Plan® and incorporates them into delicious recipes. You don't have to sacrifice good taste for good health. The book complements the eating plan with BALi lifestyle recommendations such as exercise, nutritional supplements, adequate rest and nourishing relationships. Follow this program for the best of your life!

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