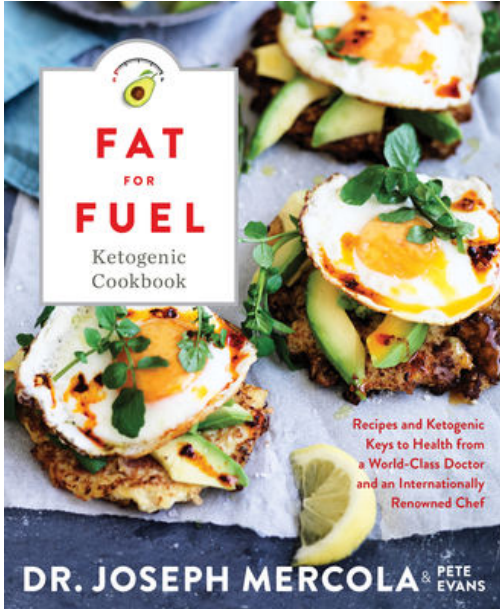


Descargar libros Fat for Fuel Ketogenic Cookbook gratis (PDF | ePub | Mobi) Dr. Joseph Mercola DG Media



Hippocrates himself wrote that food is medicine. Today, natural-health expert **Dr. Joseph Mercola** and top Australian chef **Pete Evans** share the firm belief that food can be a tool to reshape our health. Now they've joined forces to put this tool in readers' hands in an illustrated guide to eating the ketogenic way.

Drawing on Dr. Mercola's expertise and visionary work in natural medicine, and Evans's experience as an award-winning restaurateur, cookbook author, and TV chef, this book offers:

- a "Health 101" course that covers metabolism, digestion, gut health, diabetes, and more
 - guidance for a healthy lifestyle, from fitness, sleep, and stress relief to stocking a ketogenic kitchen
- 100 delicious recipes aligned with both ketogenic and Paleo principles

Juices, soups, salads, meals, and snacks—all the recipes include complete nutrition facts, and all are illustrated with gorgeous full-color photographs shot in Pete Evans's own studio.

Title	:	Fat for Fuel Ketogenic Cookbook
Author	:	Dr. Joseph Mercola
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File Size	:	147.73MB

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