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The Balancepoint Mealplan Cookbook: 170 Gourmet Gluten-Free, Grain-Free Paleo Diet Recipes in a Science-Based Protocol That Reduces Inflammation, Cholesterol, and the Age of Your Arteries in 2 Weeks (Paperback)

By Binx Selby, Linda Jade Fong, Caitlin Cegavske

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Two-week scientific breakthrough program with complete instructions and 170 gourmet gluten-free, grain-free, Paleo diet recipes in a protocol that quickly reduces inflammation, cholesterol, and age of your arteries in less than 14 days. If everyone ate a BalancePoint Diet, I believe that heart disease would effectively disappear --Dr. William Blanchet, Director of Advanced Prevention Program at Boulder Internal Medicine. Medical data from BalancePoint shows decreases of AVERAGE bad LDL cholesterol of 52 points plus 8 pounds weight loss (for those who want to lose weight, which is optional) in only two weeks. This cholesterol drop is 10 times greater than Mediterranean diet, as shown in data presented to American College of Cardiology Annual Meeting. Book includes 14-day Jumpstart Mealplan of delicious no-grain, low-protein and high fat meals carefully calibrated to fit into dietary formula shown by original medical research and data to rapidly reduce chronic inflammation and associated cardiovascular and metabolic diseases in the body. These conditions include high cholesterol, high blood pressure, high blood sugar, belly fat, stiff arteries, acne, and arthritis. There is

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