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Sophantastic Allergy-Free Creations: Feed Your Body, Heal Your Soul, Free Your Mind (Paperback)

By Miss Sophie Lauren Ward

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is my journey in fighting allergies from; eggs, wheat, gluten, dairy and yeast. It tells the struggles I have been through, how I dealt with them and how I stumbled across the plant-based lifestyle that has literally changed my life. It has changed me in such a positive way that I wrote this book full of my experiences and recipes to help others like me get motivated, feel inspired to fight their allergies - not miss out on life, adapt and make little changes that turn out to improve your happiness and way of living like you wouldn't believe. I stumbled across this lifestyle by mistake and it seriously was fate for me. I was sick of eating boring food with nothing in them -no nutrients and goodness, I was feeling sluggish and rubbish in myself. Eating foods from the earth and plant-based nothing processed or full of chemicals is just so eye-opening. I have watched so many YouTube videos about people on this lifestyle and all the positive changes they have come across whilst taking...



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Reviews

This sort of book is everything and taught me to seeking forward and more. This really is for those who statte there had not been a well worth reading. I found out this pdf from my i and dad advised this book to discover.

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