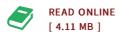




Sophantastic Allergy-Free Creations: Feed Your Body, Heal Your Soul, Free Your Mind (Paperback)

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...



Reviews

Extremely helpful to any or all category of men and women. It really is rally exciting throgh reading time. I am just happy to let you know that this is basically the greatest pdf i have got go through in my personal existence and may be he finest book for at any time.

-- Carroll Greenfelder IV

If you need to adding benefit, a must buy book. It is packed with wisdom and knowledge I am just effortlessly could get a pleasure of reading a written publication.

-- Lea Legros V

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



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Book Condition: Brand New. Book Condition: Brand New.