



Grain Brain Slow Cooker Kitchen:: Top 70 Easy-To-Cook Grain Brain Slow Cooker Recipes to Help You Lose the Weight and Gain Total Health (A Low-Carb, Gluten, Sugar and Wheat Free Cookbook)

Betty Moore

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“It is time to kick grain completely out of your diet.....”

GRAIN BRAIN Slow Cooker Kitchen is a sure guide to Losing Belly Fat, Boost Your Brain Cells and Prevent Disease is a collection of fast and easy-to-cook recipes for anyone on a Grain Free Recipes, Gluten Free Recipe, Wheat Free Belly Recipes, Brain Health Recipe, Celiac Recipes, Autoimmunity Recipe, Low Carb Recipes, Sugar Free Recipes.

GRAIN BRAIN Slow Cooker Kitchen Features the Top 70 delicious Grain Brain recipes for complete health and vitality, which will keep your brains vibrant and sharp while dramatically reducing the risk of debilitating neurological diseases. It will provides you with the necessary tools to create a gluten-free diet high in “good fats” and full of wholesome, flavorful foods.

GRAIN BRAIN Slow Cooker Kitchen is a beginner’s guide to the brain grain dieting. It will revolutionized the way you think about your health by exposing you to the devastating effects of wheat, sugar, and carbs on the brain and empowering you with the knowledge in making the right decision on your daily dieting. If you eat the right foods, you can profoundly affect how your brains will be working this year, next year, in five years, and for the rest of your lives.

This book will aid you in discovering a way to avoid sickness, by eating food that would help protect you and boost your brain cells. It is prepared in a quick and easy-to-cook style. It serves as a supplement to the “wheat belly” by William Davis and “Bread Grain” by DR. Perlmutter that tells us the genetically altered, breads and grain are causing to our health. We need to try to prevent diseases instead of just trying to cure them after we get them.

This book contain delicious mouthwatering recipes that are low carb, low sugar and gluten free and will make you completely forget you are eliminating grains. It also gives an abundance of nutritional information of the diet, and how it will benefit you this will inspire you to get into your kitchen and take control of your health.

It also contains helpful follow up recipes and food suggestion lists, which will arm you with the necessary tools to help improve on our lifestyle.

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