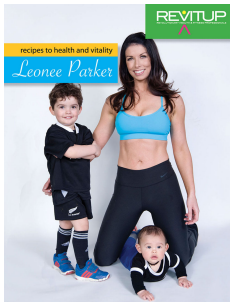


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RECIPES TO HEALTH AND VITALITY EBOOKS 2019



Author: Leonee Parker

Realese Date: Expected @@expectedReleaseDate@@

Leonee Parker is a women's health and fitness advocate from New Zealand who has stopped the diet battle for thousand's of people. She is a Personal Trainer, Holistic Nutritionist and Mum of two young sons who has created this book to guide you on your journey to better health and vitality whether it's losing weight, sleeping better, increasing concentration or lifting your mood. Whatever your health journey is, real whole food will help you achieve your goals and get more out of life. This book is family friendly with easy recipes and affordable easily sourced food. Live your life to the fullest, take every opportunity as it comes and do this by empowering your mind and body with the very best fuel. Let food be your medicine, not your silent killer! Over 100 pages filled with sweet treats, dinners, snacks, sauces, drinks and much more! A mixture of mostly gluten free, paleo, mostly dairy free recipes.

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