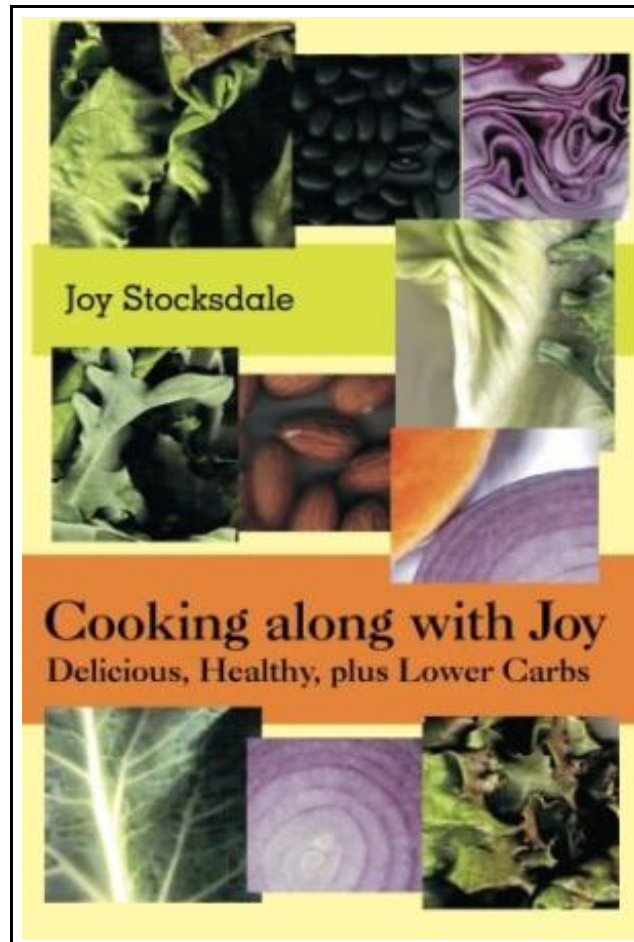


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Reviews

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Maintaining healthy blood sugar levels is a key to vitality, energy, and well-being-and not just for people with diabetes. It has far-reaching effects on our health, emotions, mental stability, and ability to heal. Blood sugar is greatly affected by the foods you eat and the carbohydrates they contain. But keeping a proper blood sugar balance is a constant challenge in this culture of carb-laden convenience foods, fast food, and addictive foods. We all need carbohydrates, but most of eat far more than the body can cope with efficiently. This can put us on the path to weight gain, diabetes, and other health crises. We don t have control over our genes, and have limited control over our environment. But we do have control over our daily food choices. The 112 recipes in Cooking Along with Joy are a great start for delicious, healthy meals. Enjoy recreating some of your favorite dishes-now made with low-carb and gluten-free ingredients. Expand your culinary palette with dishes from other countries. Many recipes accommodate vegetarians and vegans diets. Still not sure you can change your eating habits? Follow the section Tips For Switching to A Lower Carb Diet for a successful outcome. This book is for anyone motivated to make lasting life-changes to stay fit. It can help you break away from addicting, high-carb foods toward a healthy diet and lifestyle. Following Joy s recipes can be a catalyst toward creating your own tasty meals with lower carbs. Remember taking time to cook is one of the most nurturing activities you do for yourself and others. Food can connect us all in healthy ways.



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