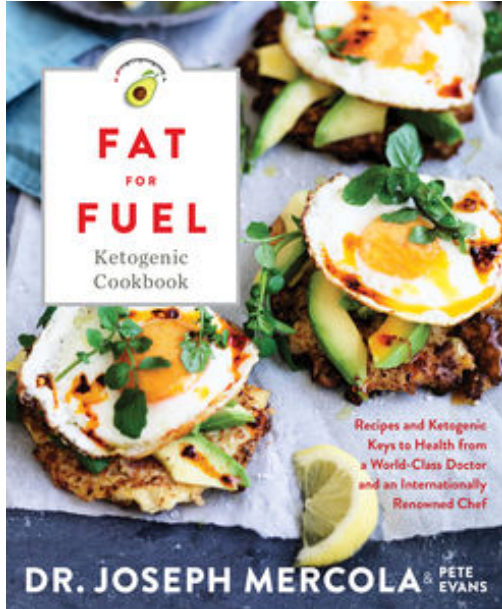


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Drawing on Dr. Mercola's expertise and visionary work in natural medicine, and Evans's experience as an award-winning restaurateur, cookbook author, and TV chef, this book offers:

- a "Health 101" course that covers metabolism, digestion, gut health, diabetes, and more
- guidance for a healthy lifestyle, from fitness, sleep, and stress relief to stocking a ketogenic kitchen
- 100 delicious recipes aligned with both ketogenic and Paleo principles

Juices, soups, salads, meals, and snacks —all the recipes include complete nutrition facts, and all are illustrated with gorgeous full-color photographs shot in Pete Evans's own studio.

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