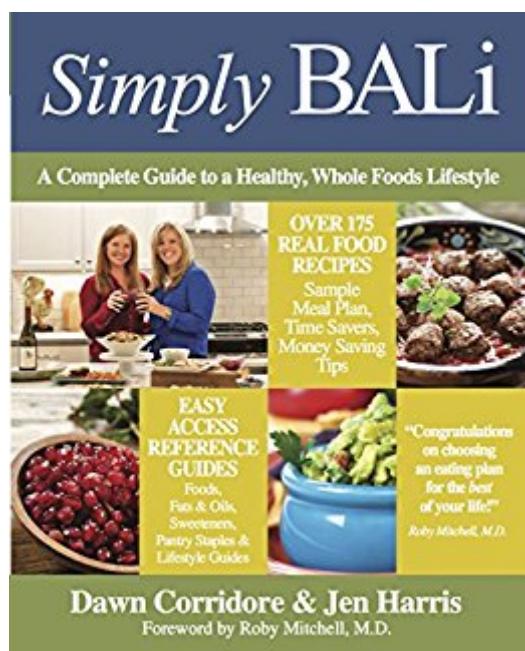


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# Simply BALi, A Complete Guide To A Healthy, Whole Foods Lifestyle, Second Edition



## **Synopsis**

Simply BALi, A Complete Guide to a Healthy, Whole Foods Lifestyle will guide you to live a longer, healthier, and tastier life. Learn to prepare foods that promote optimal health, prevent disease and energize the body. There are over 175 delicious, nourishing recipes to satisfy your taste buds and support your body. After years of research, the BALi Eating Plan® was developed by world-renowned physician Roby Mitchell, M.D. (Dr. Fitt) to address the cause of most non-infectious western medical conditions... INFLAMMATION. Cancer, asthma, Alzheimer's, osteoporosis, diabetes, autoimmune conditions, autism, acne, high blood pressure, strokes, and high cholesterol are all driven by inflammation. Simply BALi, A Complete Guide to a Healthy, Whole Foods Lifestyle takes the foods from the BALi Eating Plan® and incorporates them into delicious recipes. You don't have to sacrifice good taste for good health. The book complements the eating plan with BALi lifestyle recommendations such as exercise, nutritional supplements, adequate rest and nourishing relationships. Follow this program for the best of your life!

## **Book Information**

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## **Customer Reviews**

Our family had been trying to follow the BALi Eating Plan for sometime before we purchased this book, but this has made it so much easier. So many wonderful recipes in one place! And it is not

only recipes, but also includes the BALi food list and many other tips for eating right and even ideas for saving money while still eating healthy. It is beautifully put together and the recipes are delicious! A true guide book for your health.

A little over 3 years ago, I became extremely ill due to carbon monoxide poisoning. After fighting for my life for months, I was left with multiple autoimmune disorders. Fibromyalgia and ANA- Lupus have been the worst. I had gotten so ill that there were days that I couldn't make it from my bed to the restroom without assistance. I have been on over 30 prescriptions with either no results or negative results. My hands would swell to the point that I could not even bend my fingers. I had severe tremors and had days that my right leg would not work at all. My husband bought Simply BALi for my Mother's Day gift. We started eating BALi as a family June 11, 2016. I have lost 30lbs in just under 3 months. I am regaining my health daily. My flare ups mean I may need a nap today. But, most of the time I have to stop and analyze why I might be tired before I remember all of the things that are supposed to be wrong with me. Every member of my family has lost weight. My children's grades are higher this year than what they were. My 7 year old will read labels and tell people whether or not things are BALi approved. Simply BALi is my guide to everything we eat. It made a huge change for us as easy as following step by step instructions. Don't live sick thinking you have to. **BUY THE BOOK!** It is the best \$40 we have ever spent.

Simply BALi is the easiest and most simple cookbook to use. Every recipe is simple and delicious! Simple is key in these busy times. The food is nutrient rich, good for you and most importantly, it's healing food! BALi is a simple lifestyle, back to basics food, and heals the body. Love this cookbook, buy it for everyone in your family!

Great info very easy to use Cookbook, all recipes taste great. Would recommend to anyone looking to get healthy the easy way.

great cookbook. I've tried several recipes ad they were good. a nice twist to the ordinary. for example, i made the meatloaf. we love meatloaf. my husband commented how he thought this one was really good. its nice being able to add chia seeds and good things to a dish. looking forward to trying all of them some day !!

Good Book. Everyone should eat this way!

Awesome starter book

Recipes were very tasty and easy to make. The food didn't make me feel like I gorged myself after eating.

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