

***Practical Paleo A Customized Approach To Health And Whole  
Foods Lifestyle Diane Sanfilippo***

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### **Practical Paleo A Customized Approach**

Holistic medicine expert Akil Palanisamy, MD is a Harvard trained physician who specializes in the Paleo diet, Ayurveda, alternative medicine and more.

### **Holistic Medicine Expert | Dr. Akil**

"Hashimoto's Food Pharmacology is a must-have for the the non-chef, non-nutritionist, everyday person who wants to feel better. Dr. Wentz shares a plethora of foods you CAN eat that will nourish and heal not just your thyroid, but your whole body.

### **Hashimoto's Food Pharmacology - DR. IZABELLA WENTZ**

P.S. If you want more practical tips (just like these), you'll want to get your hands on my eBook Creating Wealth: The Cure to Nutritional Debt. Read more about it here so you can support your body with real food and not trendy superfoods and supplements!

### **4 Reasons You're Not Losing Weight | Butter Nutrition**

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