



**The BalancePoint Mealplan & Cookbook: 170
gourmet gluten-free, grain-free & Paleo diet
recipes in a science-based protocol that reduces
inflammation, ... and the age of your arteries in 2
weeks**

Binx Selby, Linda Jade Fong, Caitlin Cegavske, Robert Kerr

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The BalancePoint Mealplan & Cookbook: 170 gourmet gluten-free, grain-free & Paleo diet recipes in a science-based protocol that reduces inflammation, ... and the age of your arteries in 2 weeks

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The BalancePoint Mealplan & Cookbook: 170 gourmet gluten-free, grain-free & Paleo diet recipes in a science-based protocol that reduces inflammation, ... and the age of your arteries in 2 weeks Binx Selby, Linda Jade Fong, Caitlin Cegavske, Robert Kerr

Two-week scientific breakthrough program with complete instructions and 170 gourmet gluten-free, grain-free, & Paleo diet recipes in a protocol that quickly reduces inflammation, cholesterol, and age of your arteries in less than 14 days. "If everyone ate a BalancePoint Diet, I believe that heart disease would effectively disappear"--Dr. William Blanchet, Director of Advanced Prevention Program at Boulder Internal Medicine. Medical data from BalancePoint shows decreases of AVERAGE "bad" LDL cholesterol of 52 points plus 8 pounds weight loss (for those who want to lose weight, which is optional) in only two weeks. This cholesterol drop is 10 times greater than Mediterranean diet, as shown in data presented to American College of Cardiology Annual Meeting. Book includes 14-day Jumpstart Mealplan of delicious no-grain, low-protein and high fat meals carefully calibrated to fit into dietary formula shown by original medical research and data to rapidly reduce chronic inflammation and associated cardiovascular and metabolic diseases in the body. These conditions include high cholesterol, high blood pressure, high blood sugar, belly fat, stiff arteries, acne, and arthritis. There is now medical speculation that Alzheimer's should be added to the list of aging-related diseases for which inflammation is a root cause. Book includes recipes from leading restaurant chef-owners, The 7 Rules for the BalancePoint protocol, Why Weight Loss is Easier on BalancePoint, plus tips such as how to eat out or what cooking oils are best to use, as well as how BalancePoint is different from the Paleo, GrainBrain, Atkins, South Beach, or Mediterranean diets. Book is a companion to previously published book, How I Grew Younger. . .and why you should too! by Binx Selby and Linda Jade Fong. All color, 138 pages.

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