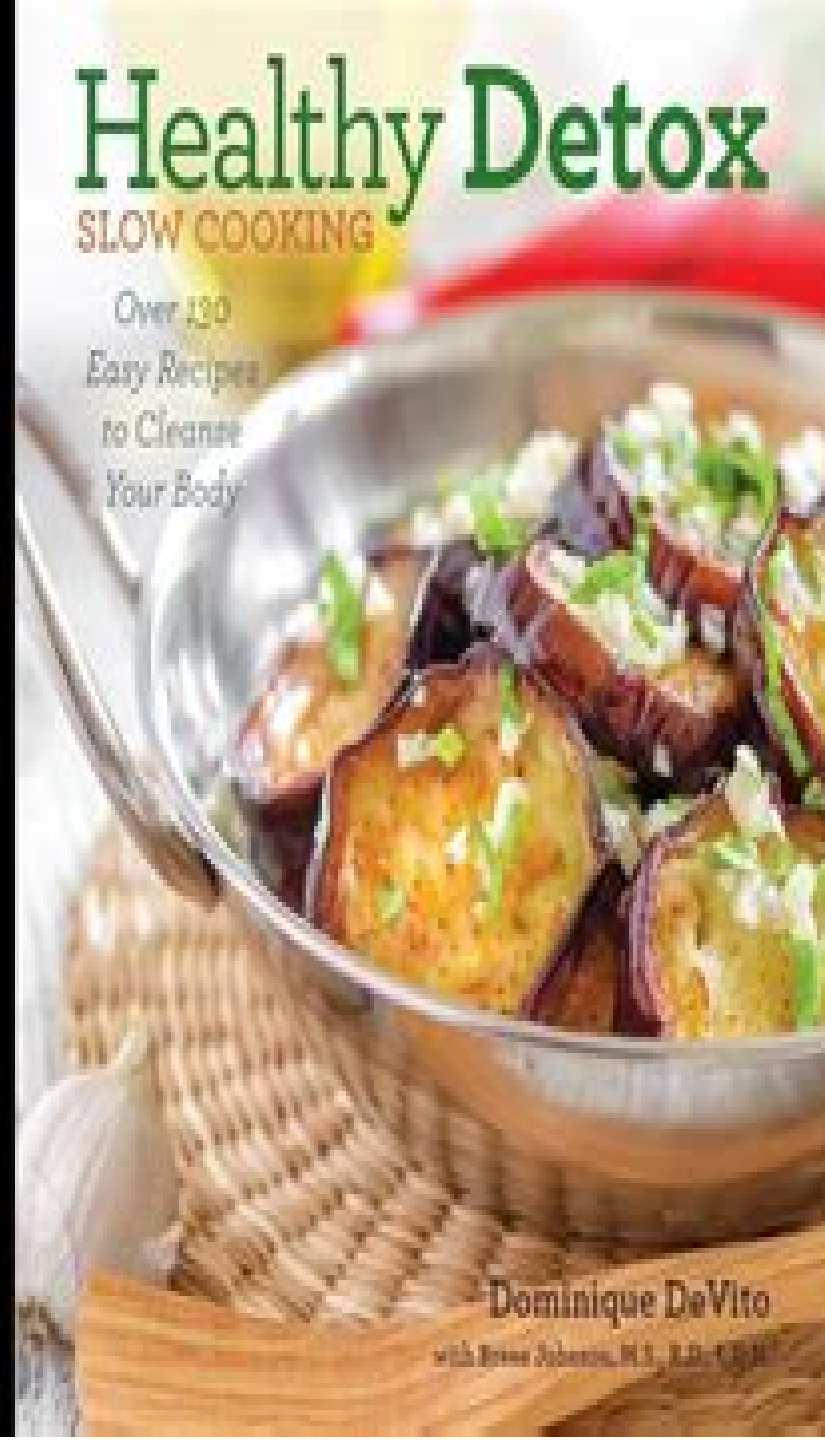


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Your Body



Dominique DeVito

with Bruce Johnson, M.S., R.D., C.D.E.

# Healthy Detox Slow Cooking Recipes

**Marion Miles,Elsie Grant**



## **Healthy Detox Slow Cooking Recipes:**

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### **Healthy Detox Slow cooking** Dominique

DeVito, 2015-12-08 Combining nutrient rich whole food cleansing with convenience this collection of low calorie recipes for the electric slow cooker enables a healthy way of detoxing that is without fasting skipping meals or relying on supplements Rid your body of toxins lose weight and satisfy your taste buds with the help of Healthy Detox Slow Cooking This cookbook contains over 150 delicious and nutritious recipes to help you detox while still nourishing your body and giving you more time do things outside of the kitchen A common misconception about detoxing is that it requires taking to extremes such as fasting liquid dieting and buying expensive vitamins supplements and other so called miracle drugs However they key to a healthy detox can actually be found in lean protein fruits vegetables and whole grains rich in essential vitamins and antioxidants When prepared in a slow cooker the dishes will be so tasty that you ll forget they are free of extra dressings sauces and preservatives Besides saving time and energy you ll enjoy these health benefits of slow cooking Many slow cooked vegetables retain more of their disease fighting nutrients than the same vegetables prepared by boiling or simmering Eating food prepared in the slow cooker reduces consumption of processed foods and therefore decreases the intake of sodium fat and calories Slow cooking helps preserve natural juices from vegetables and meats eliminating the need for extra sauces and flavoring Certain heat friendly vegetables such as carrots broccoli tomatoes kale and cabbage release more healthy vitamins and antioxidants when cooked than their raw counterparts Added sections on slow cooker tips nutritional information and a detailed introduction to detoxing make this cookbook one to keep on the shelves handy for any meal or occasion

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**The 30-Day Ketogenic Cleanse** Maria Emmerich,2016-12-27 For those who are brand new to keto and those who are getting back on track after falling off the wagon the first 30 days on a ketogenic diet can be challenging The 30 Day Ketogenic Cleanse is a guidebook for healing the body from the inside out Most people attempting a keto diet do it completely wrong Maria Emmerich on the other hand bases this cleanse on a true well formulated ketogenic diet helping readers reset their metabolism regain health lose weight and tap into increased energy levels **Living Your Best Life**

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