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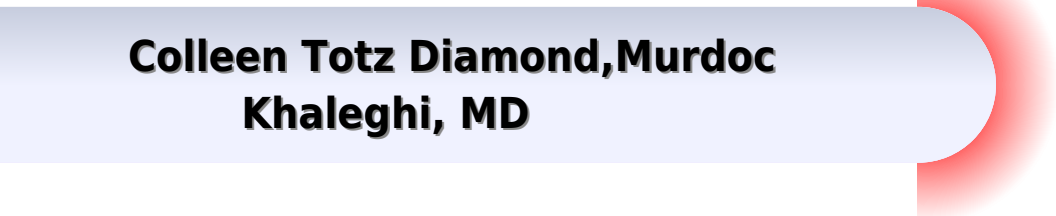
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Dr. Kellyann Petrucci

Board Certified Holistic Naturopathic Physician,
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which excludes dairy processed foods and refined sugar has helped thousands of people lose weight and keep it off Now The Paleo Cookbook For Dummies offers more than 100 simple and tasty Paleo recipes for breakfast lunch dinner snacks desserts and even beverages Includes an overview of the Paleo Diet grocery shopping and pantry stocking tips and kid friendly Paleo recipes Offers Paleo recipes for every meal of the day All recipes are contributed by powerhouse Paleo chefs The Paleo Cookbook For Dummies gives you delicious flavorful and easy to make recipes for anyone who wants to enjoy the benefits of eating the Paleo way

Digital Filmmaking For Kids For Dummies Nick Willoughby, 2015-04-22 The easy way for kids to get started with filmmaking If you've been bitten by the filmmaking bug even if you don't have a background in video or access to fancy equipment Digital Filmmaking For Kids makes it easy to get up and running with digital filmmaking This fun and friendly guide walks you through a ton of cool projects that introduce you to all stages of filmmaking Packed with full color photos easy to follow instruction and simple examples it shows you how to write a script create a storyboard pick a set light a scene master top quality sound frame and shoot edit add special effects and share your finished product with friends or a global audience Anyone can take a selfie or upload a silly video to YouTube but it takes practice and skill to shoot professional looking frames and make your own short film Written by a film and video professional who has taught hundreds of students this kid accessible guide provides you with hands on projects that make it fun to learn all aspects of video production from planning to scripting to filming to editing Plus it includes access to videos that highlight and demonstrate skills covered in the book making learning even easier and less intimidating to grasp Create a film using the tools at hand Plan script light and shoot your video Edit and share your film Plan a video project from start to finish If you're a student aged 7-16 with an interest in creating and sharing your self made video this friendly guide lights the way for your start in digital filmmaking

Living Paleo For Dummies Melissa Joulwan, Kellyann Petrucci, 2012-11-30 A fun and practical guide for adopting Paleo diet principles into your daily life The human body survived for more than 2 million years with the food found in nature game meat fish vegetables wild fruits eggs and nuts Humans were thriving on this diet high in animal fat and proteins and low in carbohydrates but things changed when we introduced unnatural and processed foods to our bodies The Paleo movement is one of today's hottest diet and healthy eating approaches Its appeal comes from the fact that it is a sustainable alternative to more restrictive diets that often lead to burnout and failed weight loss efforts The Paleo diet is about using natural foods to achieve great health and a perfect physique Living Paleo For Dummies shows you how to adopt the Paleo lifestyle and improve your health and longevity Offering more than 40 recipes for every meal of the day and providing tips for getting around common roadblocks such as eating out this essential guide to adopting a primal diet also provides the latest cutting edge research from genetics biochemistry and anthropology to help you look feel and perform your best The details of eating the foods that our bodies were designed to eat A complete introductory plan to kick start the Paleo journey Tricks to save on the food bill while adhering to a primal meal plan Living Paleo For Dummies is for anyone

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The Complete Idiot's Guide to Boosting Your Immunity Colleen Totz Diamond, Murdoc Khaleghi, MD, 2013-07-02 Learn to boost your immunity with this essential guide The key to overcoming chronic illness and recovering from chemotherapy treatments or just to avoid getting every virus that goes around is to build up the body s natural immune defenses Nutrient poor diets contribute to their poor health so learning how to eat foods that boost your immune defenses is a very important step The Complete Idiot s Guide to Boosting Your Immunity shows readers which foods to eat in order to build up their natural resistance to viruses bacteria and chronic diseases including recipes showcasing nutrient dense foods that pack an anti disease punch It also provides knowledgeable guidance for navigating the complex world of vitamins and natural supplements helping readers formulate a regimen that works best for their needs The role of exercise in immunity is also explored with practical tips for using it to maximize wellness And to give readers the best chance of staying healthy the book shows hidden healthy habits that can keep them from picking up every germ that goes around

Boost Your Immune System Naturally: Jonathan K. Hari, 2025-06-22 Boost Your Immune System Naturally Your immune system is your body s first line of defense its natural shield against illness infections and chronic diseases But in today s fast paced world stress poor diet and environmental toxins constantly challenge its ability to protect you What if you could take charge of your health and fortify your immune system with simple science backed strategies Inside This Book You ll Discover Understanding Your Immune System How it Works and Why it Matters The Power of Nutrition Best Foods for a Strong Immune System Vitamins Minerals for Immunity Essential Nutrients and Their Roles Gut Health Immunity The Connection Between Digestion and Defense Herbs Natural Remedies Science Backed Natural Boosters Cold Flu Prevention Strategies Practical Tips for Staying Well Building Long Term Immunity Lifestyle Habits for Lifelong Health This book is your ultimate guide to strengthening your immune system naturally Whether you re looking to prevent illness recover faster or simply feel more energized and resilient you ll find the answers here Backed by scientific research and practical wisdom every chapter provides actionable steps to help you take control of your health Scroll Up and Grab Your Copy Today

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