



Heal Endometriosis Naturally Cookbook: 101 Wheat, Gluten & Soy Free Recipes

Wendy K Laidlaw

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Heal Endometriosis Naturally Cookbook: 101 Wheat, Gluten & Soy Free Recipes Wendy K Laidlaw

Wendy K Laidlaw shares with you a selection of wheat free, gluten free and soy free recipes for a healthier body and life....

The Heal Endometriosis Naturally Cookbook offers simple foods that will help replenish your energy and nutrients, boost metabolism and help you to start to heal your endometriosis naturally.

It also addresses many myths and clears confusions surrounding what foods to eat or avoid, as well as making healthy eating easy, simple and fun.

Packed with over 101 simple yet delicious recipes and ideas for juices, smoothies, breakfasts, salads, soups, snacks, quick bites, healthy treats and main meals.

Discover how small changes to your eating habits are going to make a big difference to reducing your pain levels and chronic fatigue.

WENDY K LAIDLAW lives in Edinburgh, Scotland with her two children and chocolate labrador. Wendy is an author, artist and endometriosis counsellor.

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