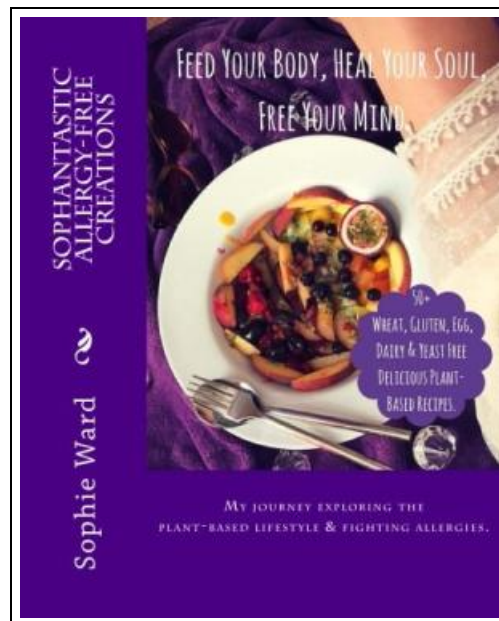


## Sophantastic Allergy-Free Creations: Feed Your Body, Heal Your Soul, Free Your Mind (Paperback)



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### **Reviews**

*Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.*  
**(Meagan Beahan)**

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book is my journey in fighting allergies from; eggs, wheat, gluten, dairy and yeast. It tells the struggles I have been through, how I dealt with them and how I stumbled across the plant-based lifestyle that has literally changed my life. It has changed me in such a positive way that I wrote this book full of my experiences and recipes to help others like me get motivated, feel inspired to fight their allergies - not miss out on life, adapt and make little changes that turn out to improve your happiness and way of living like you wouldn't believe. I stumbled across this lifestyle by mistake and it seriously was fate for me. I was sick of eating boring food with nothing in them -no nutrients and goodness, I was feeling sluggish and rubbish in myself. Eating foods from the earth and plant-based nothing processed or full of chemicals is just so eye-opening. I have watched so many YouTube videos about people on this lifestyle and all the positive changes they have come across whilst taking it on. This book isn't just for people with allergies - this lifestyle helps the whole body, mind, and soul. There are endless success stories of people with serious skin conditions, digestive problems, diabetes, Crohn's, depression etc, the list goes on - that have taken on this lifestyle and are now off all their medications because their issues have cleared up completely or have improved significantly. You can also gain lots of new knowledge on food combining and how to combat bad digestion which many of us suffer. This lifestyle is NOT a diet - it s...



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