



Joyous Health: Eat And Live Well Without Dieting

Joy Mccarthy

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Joyous Health is a fresh new approach to eating that will change the way you think about food and what you eat, offering a simple and practical path to creating a healthy lifestyle. Holistic nutritionist Joy McCarthy, creator of the popular blog *Joyous Health*, explains how to eat and live joyously with amazing results, both inside and out:

- improved digestion
- increased energy and zest for life
- sleeping like a baby
- glowing skin and shiny hair
- balanced hormones
- weight loss and increased libido
- lowered blood pressure and cholesterol
- feeling fabulous every day

Joyous Health celebrates eating delicious, clean whole foods. Featuring beautiful color photography, the book contains 80 recipes with pure ingredients and tasty combinations, including Carrot Cake Smoothie, Coconut Flour Banana Pancakes, Thai Beet Soup, Curry Chicken Burgers and Double Chocolate Gluten-Free Cookies.

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