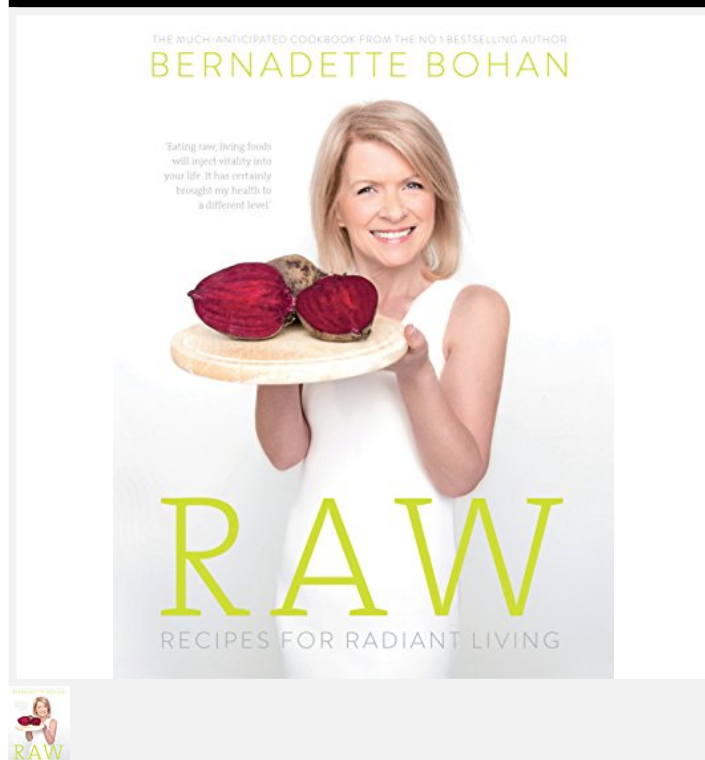

PDF Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' - PDF books



Book detail

- Title : PDF Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' - PDF books
- isbn : B00U5BT35M



Book Synopsis

Bernadette Bohan is an ordinary woman whose life was turned upside down by two different types of cancer. She learned the value of her health the hard way, but she recovered and now feels healthier than ever.

In order to help herself through cancer treatment, Bernadette focused all her energy on getting informed about health. After meeting Dr Brian Clement from the Hippocrates Institute in Florida at a seminar, she decided to adopt the Hippocrates programme.

Firmly rooted in science, it is based on the principle that a nutrient-dense, primarily plant-based diet can lower the risk of chronic diseases, such as heart disease, diabetes and cancer, and can help us to live longer, vibrant and energetic lives.

Following the programme changed Bernadette's health for the better and she became passionate about sharing the benefits of her positive, healthy form of eating. She developed her own programme for diet and lifestyle change, which has helped thousands of people to get back to better health. For more information, visit her website: www.changesimply.com.

Bernadette Bohan is widely known for her previous books: *The Choice*, *The Programme*, *The Survivor's Mindset* and *Eat Yourself Well*. She appears frequently on television and is a popular lecturer on health and lifestyle issues. A 60-year-old mother of three, Bernadette lives in Malahide, Co. Dublin, with her husband.

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