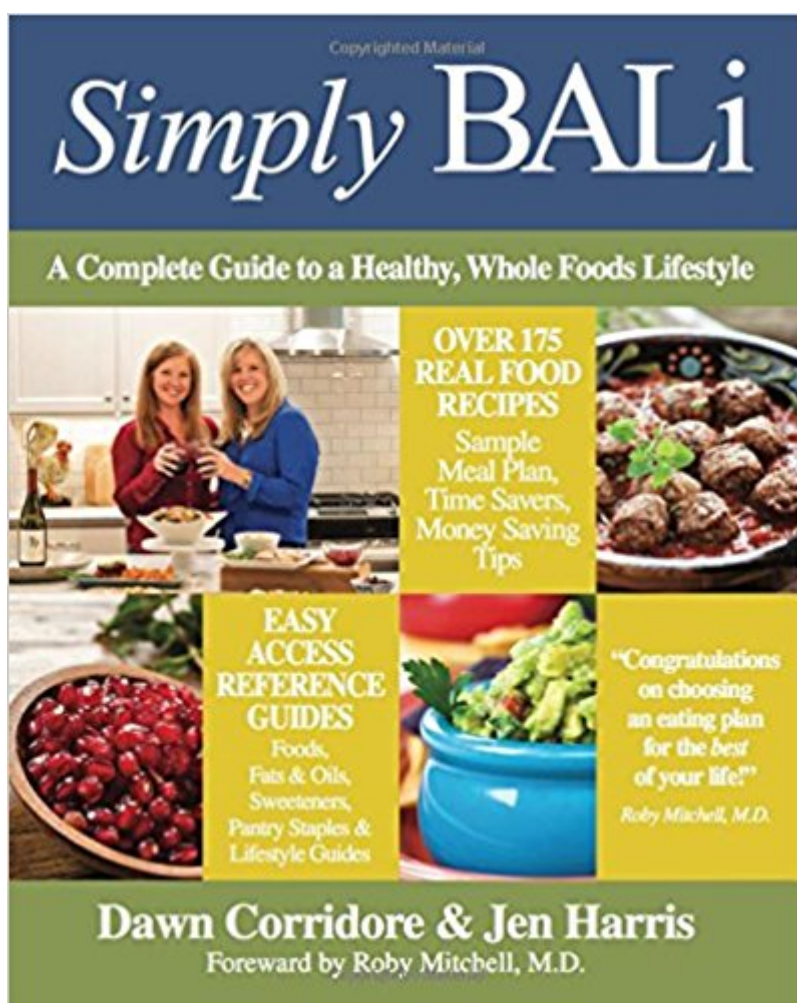


The book was found

Simply BALi: A Complete Guide To A Healthy, Whole Foods Lifestyle (1st Edition)



Synopsis

Simply BALi, A Complete Guide to a Healthy, Whole Foods Lifestyle will guide you to live a longer, healthier, and tastier life. Learn to prepare foods that promote optimal health, prevent disease and energize the body. There are over 175 delicious, nourishing recipes to satisfy your taste buds and support your body. After years of research, the BALi Eating Plan[®] was developed by world-renowned physician Roby Mitchell, M.D. (Dr. Fitt)[®] to address the cause of most non-infectious western medical conditions... INFLAMMATION. Cancer, asthma, Alzheimer's, osteoporosis, diabetes, autoimmune conditions, autism, acne, high blood pressure, strokes, and high cholesterol are all driven by inflammation. Simply BALi, A Complete Guide to a Healthy, Whole Foods Lifestyle takes the foods from the BALi Eating Plan[®] and incorporates them into delicious recipes. You don't have to sacrifice good taste for good health. The book complements the eating plan with BALi lifestyle recommendations such as exercise, nutritional supplements, adequate rest and nourishing relationships. Follow this program for the best of your life!

Book Information

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Customer Reviews

"At 57 years old and menopausal, I have lost 50-plus pounds following the BALi Eating Plan[®]. In addition, my endurance has increased, I constantly get compliments on my complexion and I no longer suffer from overwhelming anxiety. The recipes in Simply BALi are delicious and family-friendly. Simply BALi includes real food, sustainable nutrition and can be adopted for any food philosophy or religion. The BALi lifestyle is an enjoyable, easy, and delicious way to live. Start

your own transformation. If I can do it, anyone can!" ~ Robin Martinez, M.D., M.H.A. "The BALi Eating Plan®... it's the real deal. BALi is not a diet with starting and ending points found on a bathroom scale; it's a healthy lifestyle that the whole family can enjoy for life. Though it's based on good, solid and sound science, you don't have to be a chemist in the kitchen or scientist to understand it. It's a lifestyle that's not limited to esoteric menus and exotic ingredients. In Simply BALi, Jen and Dawn will positively impact lives. They explain the basic principles behind BALi in a clear and concise way. Simply BALi makes it easy and will allow you to 'take the training wheels off' and experiment with BALi on your own. The barometer of success with BALi is overall health. BALi should be part of any healthy lifestyle, and Simply BALi will help get you there." ~ J. Kevin Martin, D.C., Owner of Martin Chiropractic Health & Nutrition Center "For years I've searched for a simple healthy way to eat. I was not interested in fad diets and unhealthy portions of protein. The BALi Eating Plan® is by far the easiest and healthiest plan I have found. The recipes in Simply BALi are simple, delicious and best of all, the ingredients are available in my small, rural hometown. You will not be disappointed in the taste, ease, or health benefits from using this cookbook." ~ Dr. Amy Dunn, DNP, RN, FNPC

About Dawn Corridore... I am a mom of two boys. Early on in their lives, my boys suffered with many incurable symptoms - allergies, irregular heartbeat, restrictive breathing at times, hives, eczema, mood swings, temper tantrums, tics and "ADD/ADHD." Dawn can be reached at www.GuidingYouToWellness.com. After years of medicating, sleepless nights, crying to family and doctors (who turned a deaf ear), I felt like a failure. I knew something was not right. I knew with every fiber of my being that there had to be another way. So, I decided to start educating myself, looking for my own answers, and finding those experts who "heal" rather than "treat." I started at my local health food store. This led me to a homeopath who guided my family and me to answers and placed us on the path of healing. DIET...it was about all diet. When the homeopath told me that "ALL" the symptoms that my children were experiencing were due to the foods I was feeding them every day, I immediately swallowed my pride, got my ego in check and made some very drastic changes in our diet and lifestyle. After witnessing the "miracles" take place, not only in my children, but also with other members of my family and myself, I knew that I had to do something with this knowledge. This, I did. I went back to school to become a holistic health coach, I studied every book I could get my hands on and I learned from the experts who were getting real and permanent results. And while I still continue to educate myself, I now am able to educate, support and guide others to their path of healing. Two years ago I met and started studying under Roby Mitchell, M.D.

It was at this time that my health really took off. He introduced me to the BALi Eating Plan®. He taught me to listen to my body and to go by symptoms, not just numbers from a lab report. I learned not to take advice from those who could not produce before and after photos. Since starting the BALi lifestyle, I feel as though my life has become clearer and more purposeful. I feel much better today at 48 than I did when I was 25. What I love most about living a BALi lifestyle is I never have to worry about weighing anything or counting calories, carbs, proteins, or fats. I don't have to worry about what I ate for breakfast to know what I should eat for lunch or dinner, and I know from the transformation of my own health, that BALi will continue to keep critters under control and inflammation from wreaking havoc on my body. Questions about Simply BALi can be sent to innerrenovo@gmail.com.

About Jen Harris... As a mother of two girls, I have had my share of ups and downs with both their health and my own. When my second daughter, Anna, was born, she was extremely sick. For the first year of her life, we were constantly in and out of doctors' offices and hospitals trying to get her healthy. At 9 months old, she became extremely lethargic and too weak to stand any more. She also could not keep anything down, including water. She was hospitalized, and the doctors were growing concerned that she might not make it. I finally said enough was enough. I forced our way into the offices of some of the top doctors in the Washington, D.C. area. Through many hours with them and hundreds of hours of research of my own, the doctors and I realized that the best way to heal her was through what she was ingesting. I began to scrutinize every ingredient in the foods she was eating as well as the processing methods. After about three months of making healthy food choices for her, Anna began gaining weight. She continued her forward progress and as she got older even educated other children on healthy foods. With everything I learned during the process to get her healthy, I thought about going back to school to help people learn the healing power of foods. Once her health was under control, though, I decided to go back and focus on my career as a Certified Public Accountant. I tried to eat healthy and exercise, but with my jam-packed schedule, it was really hard. I was often burning the candle at both ends trying to just keep up with life. In May 2008, I was forced to stop everything. A car accident that left me with significant injuries to both my body and my mind forced me to retreat. I had to stop working and go through 3 1/2 years of physical, vision, speech and cognitive therapies. To give you an idea of the impact... I couldn't remember how to take a shower, make a sandwich, get dressed, etc. Anytime I pushed my body or my mind beyond its capabilities at the time, I paid dearly for it. I learned to listen to signs and signals from my body. These signs were very important to my healing process. During that healing process, I also developed a blistering, full body rash, which lasted for almost a year. It was NOT pretty. How did I get the rash to go away? After significant research and learning from

some of the top minds in the field of nutrition, I again realized that food had the power to heal my body. I eliminated the items that did not serve my body well: processed foods, artificial sweeteners, chemical preservatives, food colorings and toxins in my household products. I began purchasing high quality foods, organic produce, grass-fed meats, and household products made with natural ingredients. This was my wake-up call. I was not only able to heal my daughter through the healing power of food, but I was now able to heal myself as well. My life changed forever from that point on. I became a holistic health coach, so I could use this knowledge to help others. The BALi Eating Plan[®] is actually very similar to the foods and lifestyle I had developed for myself. I have found that the foods on this plan really fuel my body best. They are the source of my energy. They support my constantly healing brain. They have helped to restore the health of my skin. The BALi foods and lifestyle are the fuel for my beautiful and amazing life. Questions about Simply BALi can be sent to innerrenovo@gmail.com.

Our family had been trying to follow the BALi Eating Plan for sometime before we purchased this book, but this has made it so much easier. So many wonderful recipes in one place! And it is not only recipes, but also includes the BALi food list and many other tips for eating right and even ideas for saving money while still eating healthy. It is beautifully put together and the recipes are delicious! A true guide book for your health.

A little over 3 years ago, I became extremely ill due to carbon monoxide poisoning. After fighting for my life for months, I was left with multiple autoimmune disorders. Fibromyalgia and ANA- Lupus have been the worst. I had gotten so ill that there were days that I couldn't make it from my bed to the restroom without assistance. I have been on over 30 prescriptions with either no results or negative results. My hands would swell to the point that I could not even bend my fingers. I had severe tremors and had days that my right leg would not work at all. My husband bought Simply BALi for my Mother's Day gift. We started eating BALi as a family June 11, 2016. I have lost 30lbs in just under 3 months. I am regaining my health daily. My flare ups mean I may need a nap today. But, most of the time I have to stop and analyze why I might be tired before I remember all of the things that are supposed to be wrong with me. Every member of my family has lost weight. My children's grades are higher this year than what they were. My 7 year old will read labels and tell people whether or not things are BALi approved. Simply BALi is my guide to everything we eat. It made a huge change for us as easy as following step by step instructions. Don't live sick thinking you have to. BUY THE BOOK! It is the best \$40 we have ever spent.

Simply BALi is the easiest and most simple cookbook to use. Every recipe is simple and delicious! Simple is key in these busy times. The food is nutrient rich, good for you and most importantly, it's healing food! BALi is a simple lifestyle, back to basics food, and heals the body. Love this cookbook, buy it for everyone in your family!

Great info very easy to use Cookbook, all recipes taste great. Would recommend to anyone looking to get healthy the easy way.

great cookbook. I've tried several recipes and they were good. a nice twist to the ordinary. for example, i made the meatloaf. we love meatloaf. my husband commented how he thought this one was really good. its nice being able to add chia seeds and good things to a dish. looking forward to trying all of them some day !!

Good Book. Everyone should eat this way!

Awesome starter book

Recipes were very tasty and easy to make. The food didn't make me feel like I gorged myself after eating.

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