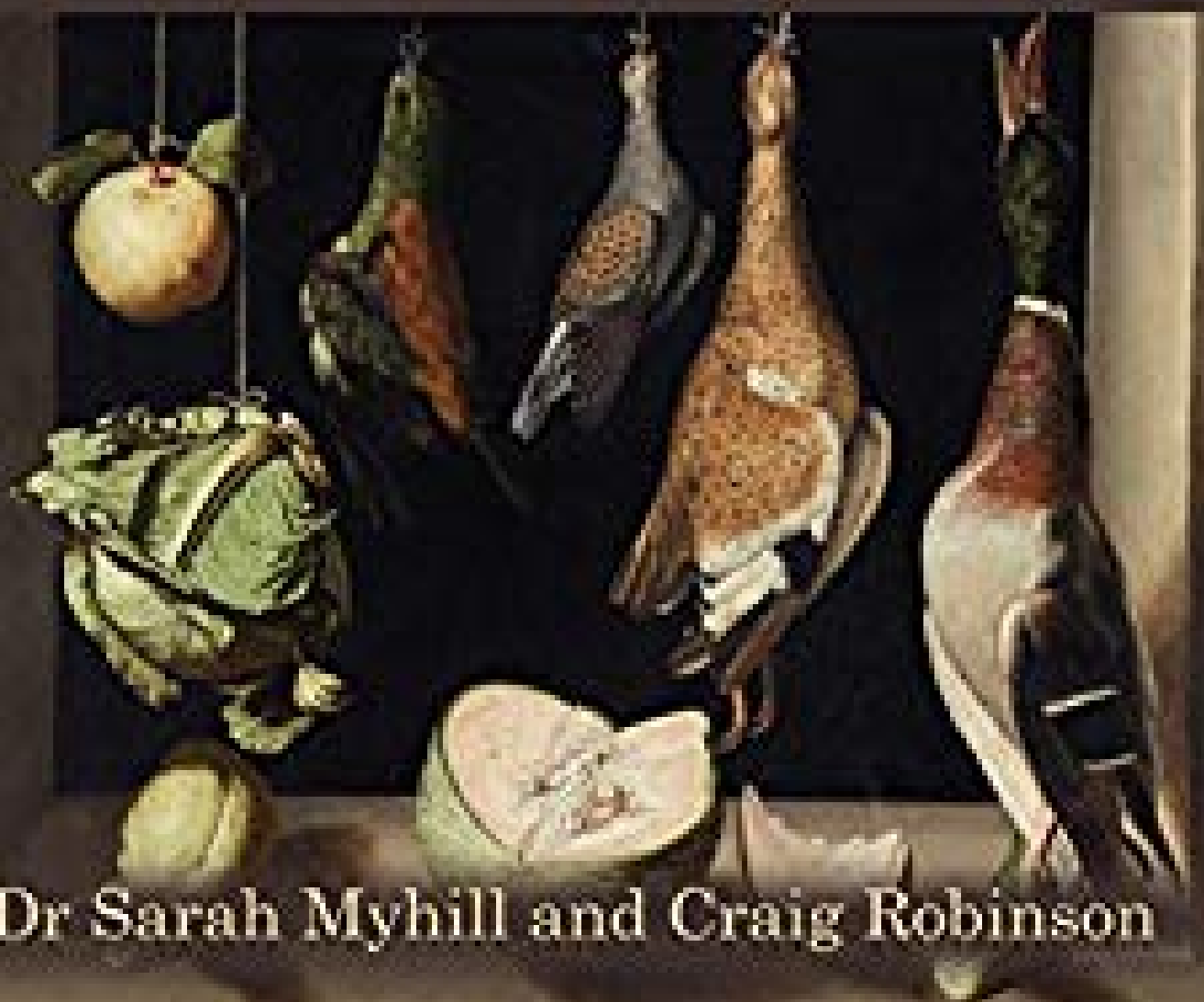




# the PK COOKBOOK

Go Paleo-Ketogenic and get the best of both worlds



Dr Sarah Myhill and Craig Robinson

Dr. Sarah Myhill and

The PK Cookbook: Go Paleo-Ketogenic and Get the Best of Both Worlds



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A straightforward nutritional plan combining medical benefits of the Paleo and Ketogenic diet programs Dr Sarah Myhill has been helping sufferers from debilitating chronic conditions for over 30 years with a strategy that combines all of the great things about current scientific understanding and medical assessment and remedies with an expanding appreciation of the importance of nutrition and lifestyle. It's not a collection of detailed, step-by-step recipes, but a revolutionarily basic method of dietary health. This available shopping template, meal planner, and preparation guidebook handily demystifies the PK diet. right now in this down-to-earth, extremely practical dietary information, Sarah and Craig reveal how. That reserve tells us why; Her publication with Craig Robinson, Prevent and Remedy Diabetes, saw her arrive at the conclusion that the diet we have to all be eating is usually one which combines Paleo concepts (eating pre-agricultural, seasonal foods) with Ketogenic ones (fuel the body with fat and fibre, not with carbs).



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I think the reserve could have gone farther in illuminating her applying for grants seasonality in the dietary plan. Mayhill's publication on ME-CFS, this reserve however has limited value for those living in other parts of the world. The value in this book for me personally was in the even more general tips of how exactly to substitute for milk products when performing a PK diet and some other general concepts such as her applying for grants sweeteners. It can have a lot of suggestions for easy Paleo-keto foods, but most of those derive from products obtainable in the united kingdom (and, I think, on a number of the types of food more typically found there - which makes sense). As other reviewers have mentioned, this isn't a "recipe book" as such. Greatest for those in the UK I loved Dr. This book has only 2 recipes in it! One Star Good Doctor, but for me too complicated book Where will be the recipes? Bottom line: the book was well worth the five dollars I payed for the kindle version, but would not have already been worth more if you ask me.! Extremely disappointed total a waste of money.



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