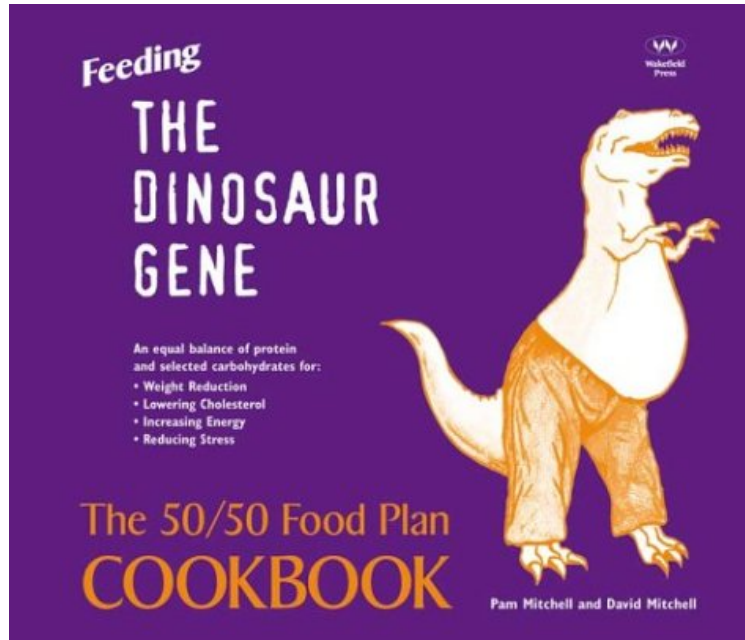


(Download pdf ebook) Feeding the Dinosaur Gene

Feeding the Dinosaur Gene

Pam Mitchell, David Mitchell

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Pam Mitchell, David Mitchell : Feeding the Dinosaur Gene before purchasing it in order to gage whether or not it would be worth my time, and all praised Feeding the Dinosaur Gene:

This collection of recipes from the authors of Taming the Dinosaur Gene presents 160 dishes designed to combat the ill effects of the genetic disorder the authors believe affects 50 percent of the world's population. The disorder is caused when the body produces too much insulin, causing weight gain, high triglycerides, high blood pressure, high blood glucose, and low levels of the good cholesterol HDL. These easy-to-follow recipes restore nutritional well being, state of mind, spiritual balance, and overall health and energy levels.

About the Author Pam Mitchell is a goals coach and mentor with more than 25 years of experience helping people focus and achieve their goals, integrating practical and strategic methods, as well as spiritual balance. She is the author of Body/Mind/Spirit and Toy Horses Can Be Real. David Mitchell is a doctor with more than 30 years of experience searching for and finding other healing modalities that complement modern medicine, including acupuncture, homoeopathy, and bioenergetic medicine.