



 Get Print Book

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle

By Dawn M Corridore, Jen W Harris



Download



Read Online

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By
Dawn M Corridore, Jen W Harris

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!



[Download Simply BALi: A Complete Guide to a Healthy, Whole ...pdf](#)



[Read Online Simply BALi: A Complete Guide to a Healthy, Whol ...pdf](#)

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle

By Dawn M Corridore, Jen W Harris

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris

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!

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris
Bibliography

- Sales Rank: #164019 in Books
- Published on: 2016-01-15
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 1.02" w x 7.52" l, 1.90 pounds
- Binding: Paperback
- 374 pages

 [Download Simply BALi: A Complete Guide to a Healthy, Whole ...pdf](#)

 [Read Online Simply BALi: A Complete Guide to a Healthy, Whol ...pdf](#)

Editorial Review

Review

"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 the Author

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 went back to school to become 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.

Users Review

From reader reviews:

John Loya:

Information is provisions for individuals to get better life, information nowadays can get by anyone on everywhere. The information can be a understanding or any news even restricted. What people must be consider whenever those information which is inside former life are difficult to be find than now's taking seriously which one works to believe or which one the particular resource are convinced. If you get the unstable resource then you have it as your main information it will have huge disadvantage for you. All those possibilities will not happen in you if you take Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle as your daily resource information.

Jack Harbin:

The e-book untitled Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle is the guide that recommended to you you just read. You can see the quality of the book content that will be shown to a person. The language that author use to explained their ideas are easily to understand. The article writer was did a lot of research when write the book, hence the information that they share for you is absolutely accurate. You also will get the e-book of Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle from the publisher to make you a lot more enjoy free time.

Wendy Ray:

The book untitled Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle contain a lot of information on that. The writer explains your ex idea with easy technique. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read that. The book was compiled by famous author. The author brings you in the new era of literary works. It is possible to read this book because you can continue reading your smart phone, or gadget, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice study.

Thomas Major:

A number of people said that they feel weary when they reading a reserve. They are directly felt this when they get a half parts of the book. You can choose the particular book Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle to make your own personal reading is interesting. Your current skill of reading proficiency is developing when you such as reading. Try to choose simple book to make you enjoy to see it and mingle the idea about book and looking at especially. It is to be first opinion for you to like to wide open a book and go through it. Beside that the guide Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle can to be your friend when you're really feel alone and confuse using what must you're doing of their time.

Download and Read Online Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris #R4S76Z15WHX

Read Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris for online ebook

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris books to read online.

Online Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris ebook PDF download

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris Doc

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris Mobipocket

Simply BALi: A Complete Guide to a Healthy, Whole Foods Lifestyle By Dawn M Corridore, Jen W Harris EPub