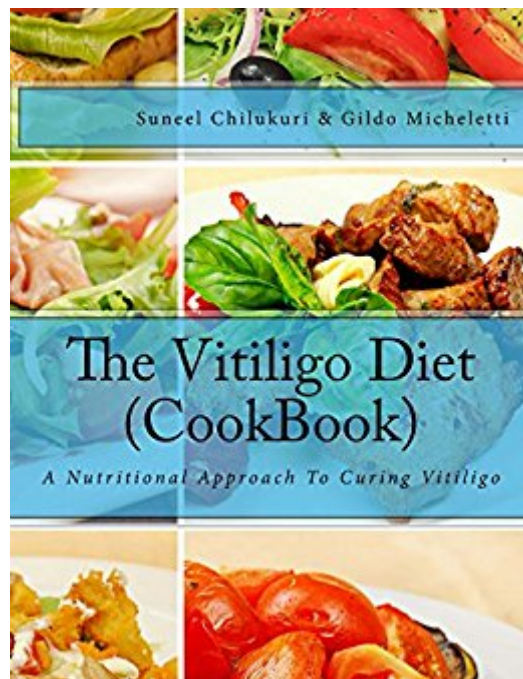




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The Vitiligo Diet (CookBook): A Nutritional Approach To Curing Vitiligo



Synopsis

This cookbook contains 150 easy-to-prepare recipes in order to make your vitiligo healing journey as simple and fool-proof as possible. Turbo-charge your body to enhance the re-pigmentation process! The Vitiligo Diet (CookBook) contains 150 recipes, spanning breakfast, lunch, dinner, snacks, and desserts. Many are vegetarian, and absolutely all are strictly based on healthy, anti-vitiligo diet principles. As these principles are based on optimizing an anti-inflammatory balance in your body (to restore the melanocytes' function), this diet will also help to protect you against many ailments, including heart disease, diabetes, cancer, and arthritis. Everyone who used this cookbook reports not only rapid re-pigmentation of their vitiligo, but also feeling the best and healthiest ever... Here's is a small sample of what you will find in The Vitiligo Diet (CookBook):-An Amazing 150 Anti-Vitiligo Recipes Including Breakfast, Lunch, Dinner, Snacks and Desserts-The Vitiligo Diet Principles and Benefits Revealed-Many Suitable Recipes for Vegetarians and People With Allergies, Intolerances and Special Requirements-Guidelines That Will Help You Make Any Meal You Prepare Powerful in its Anti-Vitiligo Properties-Quick, Easy-To-Prepare Recipes that Will Save You Time and Energy-Powerful Recipes That Will Help Protect Your Family Members from Ever Developing Vitiligo-And Much Much More...

Book Information

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Customer Reviews

The cover is misleading. I thought it would be full of beautifully colored pictures of the food but it is low quality black and white printing on the inside and just a handful have pictures. I'm thankful for thought out recipes for the disorder though. Another weird thing it talks about how pears are not one of the best food for someone with vitiligo but then some of the recipes have pears in them.

Interesting

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