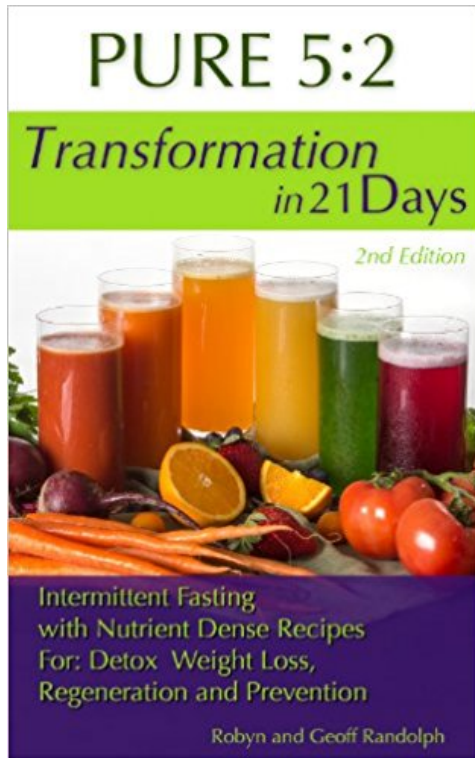


Ebook Online Robyn Randolph PURE 5:2 Transformation in 21 Days



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PURE 5:2 presents timeless information taking you to the root of healthy eating using Intermittent Fasting, Intuitive Eating and Raw Food Cuisine for life changing results. PURE stands for Phytochemicals, Unprocessed, Raw and Enzyme-rich foods. If you are interested in intermittent fasting for anti-aging, maximum vitality and healthy weight loss this book is an invaluable resource. Whether you are a Paleo, raw foodist, gluten and dairy free, vegan, low-carb or vegetarian the information, recipes, and Intuitive Eating coaching in this book will take you to a wholesome new level. Intermittent fasting is very popular right now. Sadly we see many people attempting this, thinking they can eat whatever they want (processed, GMO, irradiated, packaged, fast foods) on the 5 days and then jump into fasting days with coffee, water and/or high sugar content juices. If you think you can eat toxic food 5 days a week and fast for 2 days a week and not face toxic withdrawal results and negative body reactions, think again. If you have hypoglycemia, this book will help you in many ways to understand your next steps. We suggest you learn about eating PURE and work on getting balanced and healed before attempting going

long stretches of time without eating. Be sure to read PURE 5:2 to find out how to get the healthiest results for your body. Based on seventeen years of teaching raw food workshops (Robyn is the author of RawSome Recipes) and working with a wide range of people with dietary and weight loss issues, we have merged both Intermittent Fasting and Intuitive Eating providing practical ways to transform people's understanding and relationship with food. This is the way our bodies have been designed to operate over countless eons. It is abnormal to live in such a state of constant food surplus wed with sedentary lifestyles. Our bodies are designed to handle fluctuations in food availability and intake; they require that to remain healthy. We offer you this book as a tool for understanding what has happened to create such rampant health and weight issues. This book will show you how and why to transform your body, your health and jump off the insulin resistant treadmill. The answers to our health, obesity and blood sugar issues do not come from those who have poisoned us. The answers come from what created us. We need to learn from the past to walk more fully into our future. In slowing down and listening, we have a lot to learn from our own intuition as well as from our ancestors who walked this world before us in health and in metabolically, balanced, trim bodies... Those Paleo-people who knew how to live, eat, and thrive season after season, eating organic, locally and sustainably! In 21 days you can expect to:

- Find freedom from counting calories and dieting
- Enjoy finding satisfaction from eating less
- Stop food cravings
- Learn easy, satisfying recipes
- Feel greater energy and vitality
- Get comfortable with new healthy habits that are sustainable
- Develop a new relationship with food that takes you to a wholesome new level
- Learn what foods in your diet can be upgraded to produce the results you are after
- Be inspired to put into practice a healthy lifestyle that is easy to accomplish
- Encouragement and information on how to eat healthy, PURE food as a lifestyle
- Focus on a healthy lifestyle not weight management
- Generally feel more balanced
- Feel less bloated
- Be delighted with your results
- Feel motivated to continue on
- Feel lighter
- Learn both traditional and raw food cooking methods for deeply nourishing results
- Feel healthier and more balanced energy
- Enjoy sharing your success with others
- Feel an overall enhancemen