



Digestive Health with REAL Food: The Cookbook

Aglae Jacob, Foreword by Robb Wolf

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The recipes in *Digestive Health with REAL Food: The Cookbook* expand on the information first introduced in *Digestive Health with REAL Food* by providing 75 more delicious recipes to help you build your own optimal diet. Each recipe, developed by registered dietitian Aglaee Jacob, utilizes foods that are easy to digest, anti-inflammatory, nutrient-dense, healing and low in irritants and allergens with the intent of addressing numerous digestive problems.

Every mouth-watering recipe is accompanied by a captivating full page color photo, to entice readers into the kitchen where they can create flavorful foods that will help them take back their health.

Robb Wolf wrote the foreword for this book. Robb Wolf is the New York Times Best Selling author of *The Paleo Solution The Original Human Diet*. A former research biochemist and one of the world's leading experts in Paleolithic nutrition Robb has transformed the lives of people around the world via his books, seminars, and iTunes podcasts. He is a co-owner of NorCal Strength & Conditioning, and has coached athletes at the highest levels of professional and amateur sports.

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