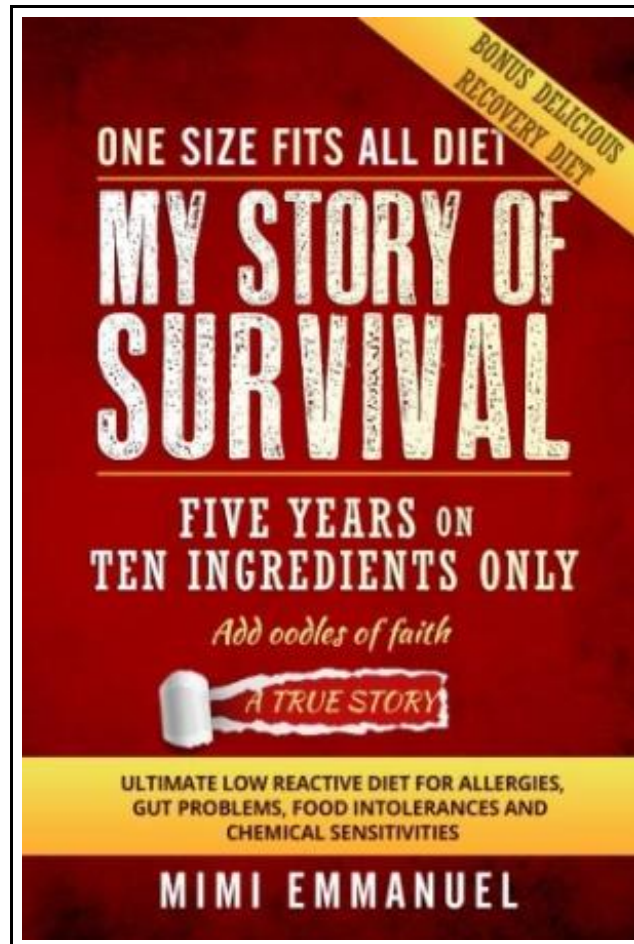


My Story of Survival: Five Years on Ten Ingredients Only, Ultimate Low Reactive Diet



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(Dr. Porter Mitchell)

MY STORY OF SURVIVAL: FIVE YEARS ON TEN INGREDIENTS ONLY, ULTIMATE LOW REACTIVE DIET



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.MY STORY OF SURVIVAL My Story of Survival tells us how of faith, hope and courage overcame life-threatening medical emergencies and produced a ten-ingredient-only diet which nursed the author back to health. BESTSELLER Within days of its launch My Story of Survival was listed as an Amazon bestseller in 7 categories including Health, Det and Fitness, Medical ebooks and received a #1 bestselling banner under Christian books self-help. TEN INGREDIENTS ONLY Mimi lived on ten ingredients in total for a period of five years; for breakfast, lunch and dinner, every single day. LOW REACTIVE DIET Her diet contains no gluten, eggs, sugar, fructose, grains, flours, nuts, seeds, meat, beans, soy, and no legumes. Initially, her diet contained no dairy either. DIET COVERS LARGE RANGE OF CONDITIONS Mimi s diet may benefit anyone who suffers from gut problems, allergies, food intolerances, sensitive gut or chemical sensitivities. This includes people who have been diagnosed with autoimmune conditions, Lyme disease, Lupus, chronic fatigue, persistent and ongoing Glandular fever (Epstein-Barr virus), irritable bowel and fibromyalgia. The author s One Size Fits All diet has a lot in common with the FODMAP diet plan which was developed by Sue Shepherd PhD and Peter Gibson MD, and is considered a revolutionary plan for managing IBS and other digestive disorders. But even this so called must-have-survival-guide would not have worked for Mimi after she ruptured her appendix and developed septicaemia whilst suffering from antibiotic intolerance. HEALTHY DIET The surprising ten ingredients in Mimi s diet can quickly set people back on a path to achieve optimum health. Her healthy diet is an easy short read and a great beginners guide to healthy...



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