

eat **away** **illness**

**Strategies and Recipes
for Healing**
recipes include
Gluten Free and Dairy Free

Paulette Millis
Registered Nutritional Consultant



***This book will change your life forever.
Read it and grow healthy!***



photo by dominiquehurley.com

"Paulette's book *Eat Away Illness* is a wealth of valuable health information and recipes. The simple recipes and helpful cooking tips make it a must for any busy family that wants to keep themselves healthy. The well researched information really gives my patients the motivation they need to change their eating habits and incorporate new foods and recipes into their lives."

*Julie Zepp, Naturopath,
Regina Rehab and Family Medical Clinic*

"*Eat Away Illness* is so comprehensive – full of wonderful and very useful information. My clients and students love the layout and the way it is organized. They are impressed with the amount of information, and are inspired by the quotes. Those with wheat and dairy allergies are excited about all of the recipes they can use. Thank you so much for this resource."

Pat Davey, Nutritional Consultant, Ontario, Canada

"When our 13-year-old son was diagnosed with Crohn's disease last fall, we eliminated gluten, dairy, eggs and soy with Paulette's delicious alternative recipes and her knowledge. Our son has now been symptom free for months, and best of all, he is growing, healthy and pain-free."

Leslie Basky

Good Health is not an accident

"Paulette has a knowledge of the healing values of nutrition which very few 'experts' might attain. The suggestions offered by Paulette have been substantiated by highly qualified authors and medical doctors. My suggestion to Paulette is to teach the medical community about the healing value of proper nutrition. Our medical doctors are in dire need of her knowledge. Paulette's book is truly a revelation in showing how healthy foods can be turned into tasty meals and snacks, with very little effort - even for a bachelor with no time to cook."

Charles Hanna, author and president of Construction-Consulting-Company, New Jersey, USA



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