



**A Primitive Diet: A Book of Recipes free from
Wheat/Gluten, Dairy Products, Yeast and Sugar:
For people with Candidiasis, Coeliac Disease,
Irritable ... and those just wanting to become
healthy**

Beverley Southam

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A Primitive Diet is a book of information and recipes free from gluten, yeast, sugar, dairy products, large amounts of meat and grain, and processed foods that today are a major proportion of the modern "western" diet. These recipes are suitable for people of all ages. Don't be put off trying them just because you consider yourself healthy ... you'll be surprised at the gourmet delights within. What did Primitive Man eat? He gathered fruits, berries, nuts, greens and roots from the soil. Herbs were his medicine. If he was quick and cunning he caught a small animal, fish or bird, or would have found a bird's egg. The exciting recipes contained between these covers have been created by Beverley Southam from Primitive Man's vast outdoor pantry, to solve serious health problems of her family many years ago. There is nothing boring about this fresh, wholesome diet. Savour the the taste of Fresh Tomato Soup, Ceviche (a Mexican dish), Salsas, Marinated Fresh Fruit. Feast on Fish in Banana Leaves, Raw Apple Pie complemented with healthy fresh drinks - Strawberry Crush, Iced Pineapple Tea, Orange and Avocado Smoothie. Try healthy treats from around the world. Entertain your family and friends on your special diet without them knowing it's supposed to be diet food. Included for those who miss their bread and cakes, there are recipes of dampers, pizza bases, cakes and cookies in which to indulge - gluten-free, yeast-free, sugar-free and dairy-free of course! And ... who said to be on a special diet is boring?

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Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, subsequently why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love A Primitive Diet: A Book of Recipes free from Wheat/Gluten, Dairy Products, Yeast and Sugar: For people with Candidiasis, Coeliac Disease, Irritable ... and those just wanting to become healthy, you are able to enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

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