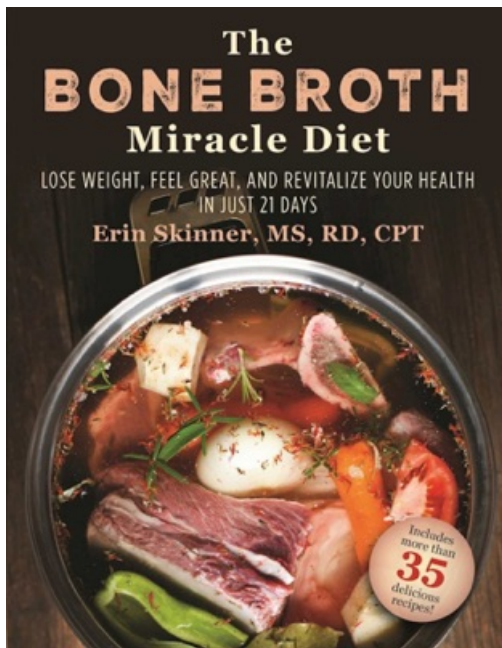


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Nutrient-rich bone broth is a foundational ancient food that helps support the immune system, reduce inflammation, repair digestive health, and build joint strength. *The Bone Broth Miracle Diet* takes the incredible health properties of this amazing natural elixir to a whole new level. In an easy-to-follow twenty-one-day plan, incorporate delicious, healthy bone broth and ancestral foods into your diet to:

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- Boost energy
- Heal your gut
- Enrich your hair, skin, and nails!

Author Erin Skinner will teach you all you need to know about this remarkable, transformative diet. Complete with extensive background on bone broth's health and healing powers, this book breaks down how to source, prepare, and incorporate bone broth into your routine for even longer lasting benefits. From delicious dinner pairings such as Super Charged Greens and Maple Roasted Salmon to sweet treats such as Chocolate-Coconut Balls and Grain-Free Waffles, these recipes make for an energizing, enriching weight-loss plan. In just twenty-one days, experience the magnificent benefits of *The Bone Broth Miracle Diet* that will help you look and feel spectacular.

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| título | : | The Bone Broth Miracle Diet |
| Autor | : | Erin Skinner |
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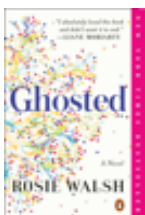
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