



The Loving Diet: Going Beyond Paleo into the Heart of What Ails You

Dr. Jessica Flanigan

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“This book is a must-read for anyone struggling to heal....”

- Diane Sanfilippo, *New York Times* bestselling author of *Practical Paleo*

How can we make our life work for us instead of against us? Can the entire nature of disease actually be a gift? Can joy and abundance be yours in unlimited amounts— despite the presence of illness? What is the role of forgiveness and held beliefs in relation to disease? *The Loving Diet*[™] introduces a fresh approach to your current health care plan: Love.

The Loving Diet[™] goes beyond typical Paleo food plans because it incorporates not only the low-inflammatory Autoimmune Paleo diet but also the spiritual, heart-centered side of healing. *The Loving Diet*[™] incorporates a new mindfulness approach to heal what ails you through diet, love, and trust.

The Loving Diet[™] provides a full road map of healing. In addition to teaching you exactly how to incorporate love into how you approach your illness, it provides meal plans and recipes that favor low inflammation and nutrient dense foods. It also includes loving affirmations, helpful sidebars and prescriptive exercises, as well as stories of people who have followed The Loving Diet[™] and experienced its extraordinary benefits.

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Craig Palmer:

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