



# What to Eat and Why to Eat It: The Natural Eating Plan

*Ashley A. Paramore N.D.*

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**What to Eat and Why to Eat It: The Natural Eating Plan** Ashley A. Paramore N.D.

In "What to Eat and Why to Eat It," Dr. Ashley Paramore outlines the concept of Natural Eating, which is the way we were created to eat. She will teach you the proper foods that will enable your body to become less toxic, reduce inflammation and become healthier the natural way. The title says exactly what this book does: Explains what we should be eating (and what we shouldn't eat) and why and even provides recipes to get you started!

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