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<b>Diet &amp; Nutrition</b>		
<b>The Autoimmune Paleo Cookbook</b>	Mickey Trescott	<a href="https://www.amazon.co.uk/gp/aw/d/1743368194/ref=mp_s_a_1_5/251-9186715-9893633?ie=UTF8&amp;qid=1490613547&amp;sr=8-5&amp;pi=AC_SX236_SY340_QL65&amp;keywords=paleo+cookbook&amp;dpPI=1&amp;dpID=51KFMB1Z0ML&amp;ref=plSrch">https://www.amazon.co.uk/gp/aw/d/1743368194/ref=mp_s_a_1_5/251-9186715-9893633?ie=UTF8&amp;qid=1490613547&amp;sr=8-5&amp;pi=AC_SX236_SY340_QL65&amp;keywords=paleo+cookbook&amp;dpPI=1&amp;dpID=51KFMB1Z0ML&amp;ref=plSrch</a>
<b>The Blood Sugar Solution</b>	Mark Hyman	<a href="https://www.amazon.co.uk/Blood-Sugar-Solution-Mark-Hyman/dp/1444760564/ref=pd_bxgy_14_img_3?_encoding=UTF8&amp;psc=1&amp;refRID=EJCKDKKRN4XFPMDEJ3WE">https://www.amazon.co.uk/Blood-Sugar-Solution-Mark-Hyman/dp/1444760564/ref=pd_bxgy_14_img_3?_encoding=UTF8&amp;psc=1&amp;refRID=EJCKDKKRN4XFPMDEJ3WE</a>
<b>The Blood Sugar Solution: 10 Day Detox Diet</b>	Mark Hyman	<a href="https://www.amazon.co.uk/Blood-Sugar-Solution-10-Day-Detox-ebook/dp/B00FAT9IR2/ref=tmm_kin_swatch_0?_encoding=UTF8&amp;qid=&amp;sr=">https://www.amazon.co.uk/Blood-Sugar-Solution-10-Day-Detox-ebook/dp/B00FAT9IR2/ref=tmm_kin_swatch_0?_encoding=UTF8&amp;qid=&amp;sr=</a>
<b>The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life</b>	Dave Asprey	<a href="https://www.amazon.co.uk/Bulletproof-Diet-Reclaim-Energy-Upgrade-ebook/dp/B00K8DSTWU/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493280761&amp;sr=1-1&amp;keywords=bulletproof+diet">https://www.amazon.co.uk/Bulletproof-Diet-Reclaim-Energy-Upgrade-ebook/dp/B00K8DSTWU/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493280761&amp;sr=1-1&amp;keywords=bulletproof+diet</a>
<b>The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended</b>	Dr Jason Fung & Jimmy Moore	<a href="https://www.amazon.co.uk/Complete-Guide-Fasting-Intermittent-Alternate-Day-ebook/dp/B01MF8SC2X/ref=pd_sim_351_1?_encoding=UTF8&amp;psc=1&amp;refRID=5YH13N2S8JMEW4E9RW8C">https://www.amazon.co.uk/Complete-Guide-Fasting-Intermittent-Alternate-Day-ebook/dp/B01MF8SC2X/ref=pd_sim_351_1?_encoding=UTF8&amp;psc=1&amp;refRID=5YH13N2S8JMEW4E9RW8C</a>
<b>Eat Dirt</b>	Josh Axe	<a href="https://www.amazon.co.uk/Eat-Dirt-Health-Problems-Surprising/dp/1509820957/ref=sr_1_1?ie=UTF8&amp;qid=1480840152&amp;sr=8-1&amp;keywords=eat+dirt+by+dr+josh+axe">https://www.amazon.co.uk/Eat-Dirt-Health-Problems-Surprising/dp/1509820957/ref=sr_1_1?ie=UTF8&amp;qid=1480840152&amp;sr=8-1&amp;keywords=eat+dirt+by+dr+josh+axe</a>
<b>Eat Fat Get Thin</b>	Mark Hyman	<a href="https://www.amazon.co.uk/Eat-Fat-Get-Thin-Sustained-x/dp/1473631149/ref=pd_bxgy_14_img_2?_encoding=UTF8&amp;psc=1&amp;refRID=RWG44WTRV69XD0XSVMHA">https://www.amazon.co.uk/Eat-Fat-Get-Thin-Sustained-x/dp/1473631149/ref=pd_bxgy_14_img_2?_encoding=UTF8&amp;psc=1&amp;refRID=RWG44WTRV69XD0XSVMHA</a>
<b>Gut and Natural Treatment Psychology Syndrome: for Autism, ADD/ADHD, Dyslexia, Dyspraxia, Depression, Schizophrenia</b>	Dr. Natasha Campbell-McBride	<a href="https://www.amazon.co.uk/Gut-Psychology-Syndrome-Depression-Schizophrenia/dp/0954852028/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493279085&amp;sr=1-1&amp;keywords=gaps+natasha+campbell">https://www.amazon.co.uk/Gut-Psychology-Syndrome-Depression-Schizophrenia/dp/0954852028/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493279085&amp;sr=1-1&amp;keywords=gaps+natasha+campbell</a>

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<b>New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great</b>	Eric C. Westman, Stephen D. Phinney & Jeff S. Volek	<a href="https://www.amazon.co.uk/New-Atkins-You-Ultimate-Shedding-ebook/dp/B005NHQ2NY/ref=sr_1_1?s=digital-text&amp;ie=UTF8&amp;qid=1493285941&amp;sr=1-1&amp;keywords=new+atkins">https://www.amazon.co.uk/New-Atkins-You-Ultimate-Shedding-ebook/dp/B005NHQ2NY/ref=sr_1_1?s=digital-text&amp;ie=UTF8&amp;qid=1493285941&amp;sr=1-1&amp;keywords=new+atkins</a>
<b>The Obesity Code: unlocking the secrets of weight loss</b>	Dr Jason Fung	<a href="https://www.amazon.co.uk/dp/B01BU9JZKA/ref=dp-kindle-redirect?_encoding=UTF8&amp;btkr=1">https://www.amazon.co.uk/dp/B01BU9JZKA/ref=dp-kindle-redirect?_encoding=UTF8&amp;btkr=1</a>
<b>The Paleo Solution</b>	Robb Wolfe	<a href="https://www.amazon.co.uk/Paleo-Solution-Original-Human-Diet-ebook/dp/B00466H5MU/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493638694&amp;sr=1-1&amp;keywords=the+paleo+solution">https://www.amazon.co.uk/Paleo-Solution-Original-Human-Diet-ebook/dp/B00466H5MU/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493638694&amp;sr=1-1&amp;keywords=the+paleo+solution</a>
<b>Sprouting in the UK: How to Grow Beans, Greens &amp; Superfoods</b>	Sally Holloway	<a href="https://www.amazon.co.uk/Sprouting-UK-Beans-Greens-Superfoods-ebook/dp/B009KL5CE4/ref=sr_1_2?ie=UTF8&amp;qid=1493641349&amp;sr=8-2&amp;keywords=the+sprouting+book">https://www.amazon.co.uk/Sprouting-UK-Beans-Greens-Superfoods-ebook/dp/B009KL5CE4/ref=sr_1_2?ie=UTF8&amp;qid=1493641349&amp;sr=8-2&amp;keywords=the+sprouting+book</a>
<b>The Warrior Diet</b>	Ori Hofmekler	<a href="https://www.amazon.co.uk/Warrior-Diet-Biological-Powerhouse-Explosive/dp/1583942009/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493638609&amp;sr=1-1&amp;keywords=the+warrior+diet">https://www.amazon.co.uk/Warrior-Diet-Biological-Powerhouse-Explosive/dp/1583942009/ref=sr_1_1?s=books&amp;ie=UTF8&amp;qid=1493638609&amp;sr=1-1&amp;keywords=the+warrior+diet</a>