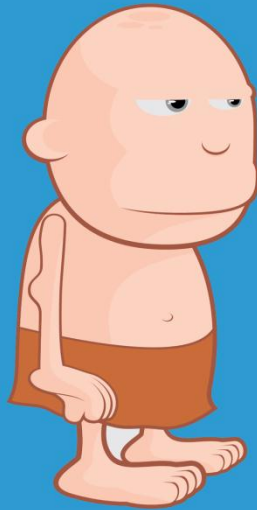


InspireHappy Presents...

Paleo Traveler;

If the Caveman had a Crock Pot...



GLUTEN
AND DAIRY
FREE

BEEF, CHICKEN, AND PORK
15 PALEO APPROVED, SLOW-COOKING RECIPES

JEANNE FLORESCA

JEANNE FLORESCA

15 PALEO APPROVED, SLOW-COOKING RECIPES
BEEF, CHICKEN, AND PORK

GLUTEN
AND DAIRY
FREE

Paleo Traveler;
If the Caveman had a Crock Pot!

15 PALEO APPROVED
SLOW COOKING RECIPES

JEANNE FLORESCA

Published by InspireHappy

Copyright © Jeanne Floresca, 2012

All rights reserved.

Without limiting the rights under copyright reserved above, no part of this publication may be reproduced, stored in or introduced into retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording or otherwise), without the prior written permission of both the copyright owner and the above publisher of this book.

The scanning, uploading, and distribution of this book via the Internet or via any other means without the permission of the publisher is illegal and punishable by law. Please purchase only authorized electronic editions and do not participate in or encourage electronic piracy of copyrightable materials. Your support of the authors rights is appreciated.

While the author has made every effort to provide accurate telephone numbers and Internet address at the time of publication, neither the publisher nor the author assumes any responsibility for errors, or for changes that occur after publication. Further, publisher does not have any control over and does not assume any responsibility for author or third-party Web sites or their content.

Making Paleo cooking easy, tasty, and headache-free!

Contents

Introduction.....	6
Chapter 1.....	7
Chapter 2.....	13
Chapter 3.....	19
InspireHappy Blog.....	25
Thank you	37

Introduction

The following recipes are Paleo and Metabolic Typing Diet approved recipes. Unlike other crock pot recipes that ask you to use a “can of this or that” as we found in the past, this recipe book tries to hold true to the philosophies of the Paleo lifestyle using very minimal processed foods. Ideally the only thing you would probably not make yourself is the chicken or beef broth, tomato sauce and juice, and some of the condiments which are conveniently available in most stores in organic and low sodium form. Of course, don't let that stop you, go on and be a badass and make your own broth and sauce!

The recipes we created are healthy and hearty; we hope you and your family enjoy them. Let us know what you think and send us some pics of your plates too- we love that stuff!

To your health,

InspireHappy

Chapter 1

Beef Recipes

Simple Beef Vegetable



INGREDIENTS

- 1 lb. beef roast, cubed
- 1 bag baby carrots
- Half cabbage head, chopped
- 1 large onion, chopped
- 1 cup tomato, diced
- 3 cups beef broth
- 1 cup tomato juice
- 1 tablespoon garlic
- 1 tablespoon dill
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix all together and slow cook on Low for 8-10 hours.

Hearty Beef Stew



INGREDIENTS

- 1 lb. roast beef, cubed
- 1 onion, diced
- 2 cups tomato, diced
- 1 cup celery, diced
- 1 tablespoon garlic
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 4 cups beef broth
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together slow cook on High for 4 hours. If you want this to be a whole meal, add a mix bag of veggies in the 3rd hour and cook for 1-2 more hours.

Hamburger Soup



INGREDIENTS

- 1 lb. ground beef
- 1 onion, diced
- 1 cup tomato, diced
- ¾ cup celery, diced
- 1 large carrot, diced
- ½ cup fresh peas (yes Primal approved- not dried kind)
- ¼ cup chopped parsley
- 1 tablespoon garlic
- 1 bay leaf
- 4 cups beef broth
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together except parsley and slow cook on Low for 5 hours. Stir in parsley when done cooking.

Tangy Beef Stew



INGREDIENTS

- 1 lb. ground beef
- 1 onion, diced
- 1 cup celery, diced
- 1 tablespoon garlic
- 1 teaspoon cayenne pepper
- 1 tablespoon white vinegar
- 1 cup tomato sauce
- 3 cups beef broth
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together slow cook on Low for 5 hours. If you want this to be a whole meal, add a mix bag of veggies in the 3rd hour and cook for 2 more hours.

Italian Beef Stew



INGREDIENTS

- 1 lb. roast beef, cubed
- 1 onion, diced
- 2 cups tomato, diced
- 1 tablespoon garlic
- 2 sprigs rosemary
- 2 bay leaves
- 4 sprigs thyme
- 4 cups beef broth
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together slow cook on High for 4-5 hours. If you want this as a whole meal, throw in 2 cups of chopped colored bell peppers and cook all together.

Chapter 2

Chicken Recipes

Cali Chicken Medley



INGREDIENTS

- 2 lbs. boneless chicken thighs, cubed
- 1 onion, diced
- 1 cup apples, chopped
- 1 tablespoon garlic
- 2 tablespoons Tamari soy
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup
- 1 cup apple juice
- 2 cups chicken broth
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together slow cook on High for 4 hours. If you want this as a whole meal, throw in 2 cups of chopped colored bell peppers and cook all together.

Chicken Teriyaki



INGREDIENTS

- 2 lb. chicken thighs, cubed
- 1 onion, diced
- 1 cup pineapple, cubed
- 1 tablespoon ginger, diced
- 1 tablespoon garlic
- 3 tablespoon tamari soy
- 1 tablespoon maple syrup
- 2 cups chicken broth
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together slow cook on High for 4 hours. If you want thicker sauce, after fully cooked, remove lid and cook further to evaporate juices.

Crock au Vin



INGREDIENTS

- 2 lbs. chicken breast
- ½ cup bacon, chopped
- 1 cup mushrooms, sliced
- 1 onion, diced
- 1 tablespoon garlic
- 4 sprigs thyme
- ¾ cup chicken broth
- ½ cup dry red wine
- ¼ cup tomato paste
- 2 tablespoons gluten free flour
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together except tomato paste and flour and slow cook on Low for 6-8 hours. When almost done, ladle ½ cup of the juice and mix it well with tomato paste and flour then add to pot and cook until thickened.

Non Tortilla Chicken Soup



INGREDIENTS

- 1 ½ pounds of chicken, chunks
- 1 pound spicy chicken sausage, chunks
- 4 cups chicken broth
- 1 1/2 cup butternut squash, cubes
- 1 green bell pepper, chopped squares
- 1 red bell pepper, chopped squares
- 12 baby carrots, halved
- 1 medium onion, chopped
- 2 cups tomatoes, diced
- 2 tablespoon garlic
- 1 medium onion, chopped
- 1 teaspoon cumin powder
- 1 teaspoon oregano powder
- 1 teaspoon cayenne pepper
- 3-4 bay leaves
- ¼ cup cilantro
- Strips of cabbage slaw
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together except cilantro cook on High for 4 hours. Serve with cilantro and strips of raw cabbage for the substitute crispiness of tortillas.

Lemon Herb Chicken



INGREDIENTS

- 2 lbs. chicken breast, cubed
- 1 onion, diced
- 1 tablespoon garlic
- 1 tablespoon oregano
- 1 tablespoon parsley
- 3 tablespoon lemon
- 2 cups chicken broth
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together cook on High for 4 hours. If you want this to be a whole meal, add a mix bag of veggies from the get-go.

Chapter 3

Pork Recipes

Italian Pork Stew



INGREDIENTS

- 2 pounds of boneless pork ribs or butt, chopped in large chunks
- 2 cups tomatoes, diced
- 4 tablespoon garlic
- 3 rosemary sprigs
- 3 thyme sprigs
- 3 bay leaves
- 2 cups water or chicken stock
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together slow cook on High for 4-5 hours.

Pork Curry Soup



INGREDIENTS

- 1 ½ pound shoulder pork, cubed
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup fresh peas, (yes Primal approved – just not dried)
- ½ cup onion, chopped
- 2 teaspoon curry powder
- 1 teaspoon paprika
- ½ teaspoon cumin
- 6 cups chicken broth
- 2 cups string bean, chopped in 3 inch length
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together except string beans slow cook on High for 4 hours. Add string beans and cook for 1 more hour, or until beans tender.

Caribbean Pork



INGREDIENTS

- 1 ½ pound pork butt, cubed
- 1 onion, diced
- 1 ham hock
- 2 tablespoon garlic
- 2 tablespoon oregano
- 4 sprigs thyme
- 2 tablespoon vinegar
- 2 cups vegetable or chicken broth
- ¼ cup cilantro
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together except cilantro slow cook on Low for 8-10 hours. Serve with cilantro on top.

Thai Pork



INGREDIENTS

- 1 ½ pounds pork shoulder, cubed
- 1 cup mushrooms, sliced
- 1 cup green bell peppers, chopped
- 1 cup red bell peppers, chopped
- 1 onion, diced
- 1 tablespoon garlic
- 3 tablespoon tamari soy
- 2 cups vegetable or chicken broth
- ¼ cup basil leaves
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together except basil and slow cook on High for 4 hours. When almost done, add basil and cook for 1 more hour.

Sweet-sour Pork



INGREDIENTS

- 2 lbs. pork butt, chopped
- 1 cup green pepper, squared
- 1 cup tomato, diced
- 1 cup carrot, sliced
- 1 onion, diced
- 2 tablespoon chili powder
- 2 cups tomato sauce
- ½ cup maple syrup
- 1/3 cup vinegar
- Himalayan Salt and fresh ground pepper for taste

Serves 4-6



* DIRECTIONS

Mix together slow cook on High for 4-6 hours.

Best of the Best – Eating Well

- Top 10 Things To Know About the Paleo Diet and Lifestyle
- Do You Eat What Your Body Needs or What It Craves?
- What Happens To My Food After I Swallow It? And Does FAT Really Go Straight to My Hips?
- How To Stop Binging or Over Eating Late at Night in 2 Steps

Top 10 Things to Know About the Paleo Diet and Lifestyle

1. Paleo diet refers to our historic human lifestyle as hunter-gatherers. This not only accounts for the type of food we ate but also the activities and general lifestyle of the hunter-gatherer.
2. In essence, Paleo diet promotes a high protein and fat diet with some carbohydrates derived from fruits and vegetables. Ideally, all food sources are organic, grass-fed, and hormone free. Sustainable and locally sourced farming is ideal.
3. The food choices are all types of meat, fruits, vegetables, and nuts & seeds.
4. The key foods eliminated in a Paleo Diet are: all high starch and processed carbohydrates such as potatoes, rice, legumes, peanuts, and bread. Any foods made from wheat, corn, barley, rye, and any other grains are not consumed.
5. There is no dairy consumption in the traditional Paleo diet. For those who follow the 80/20 principle, may partake in small quantities of dairy. Some may moderately use pseudo-cereals (a type of grain but considered low in the GI index) such as quinoa, flax, and chia seeds. Yams and sweet potatoes can be consumed for the moderate Paleo enthusiast.
6. Food preparation is integral. All natural herbs and spices are approved. Moderate use of sea salt or Himalayan salt is promoted. Fermented soy and vinegar are permitted. Particular cooking and dressing oils are advocated for their nutrients and chemical stability. Dressing oils may not be used for cooking as they change the chemical make-up of the oil promoting unhealthy digestion and metabolism.

Following the Paleo, hunter-gatherer (HG) physical lifestyle can help in regulating stress, hormone levels, and promote overall optimum physical health.

7. Exercise: The average HG was active, having to forage for food and run from bears and tigers. How does your physical activity compare? Ideally it's about moving more and sitting less. Too much exercise is also not good as it creates a different type of stress on the body, thus move just enough to stay healthy and fit. The diet will take care of the excess weight you would like to lose.

8. Life Balance: Some stress is good; for example we want just the right amount of cortisol levels (so-called "stress" hormones) that we maintain a healthy and vibrant body. Strive for short-term, infrequent stress, and try to find healthy ways to deal with stress such as working-out, practicing a mind/body practice (yoga, Pilates, meditation, Tai Chi), journaling, and / or start a fun and relaxing hobby. Avoid chronic stress.

9. Rest/Sleep: HG also slept longer and took naps. Getting a consistent, good night sleep helps prevent disease, helps aid in fat loss, and maintains youthful looks. Each person is slightly different, but overall most need 7-9 hours of sleep. There are those who can function with less, so learn about your energy cycle, or circadian rhythm to find out when and how much rest you need to be at your best.

10. In general no alcohol or energy drinks are consumed in the Paleo lifestyle. BUT IF YOU MUST - with in your 20% limit, choose clear alcohol with no added sugar (no frou-frou mix drinks). No beer. No energy drinks and caffeine in moderation via tea or black coffee.

Do You Eat What Your Body Needs or What It Craves?

I am reading the book *The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry*; let's just say it's ringing some bells! Imagine a perspective where you eat for what **your** body needs? That seems logical enough, but the current facts are most nutritional guidelines and suggestions by doctors, registered dietitians, governments, and alike tell us **all** to eat the same way. How can we all be suggested to follow the same diet plan when we all have different bodies; different genetics, ethnic backgrounds, lifestyles, and environments? Think about it.

Not to bash on a universal meal plan because if I had to advise people, and I do, to eat healthily, I have always advocated the eating habits of:

1. Eat natural foods; lean meats, fishes, vegetables, fruits, and nuts
2. Portion control; eat 5-6 small meals throughout the day
3. Always have carbs/protein/fat at every meal and snack

The universal meal plan has its place and that place is for people who in general have good health. The meal plan above will also help people lose weight because it probably is healthier than their existing eating habits. But, how about if we can take eating healthier one step further? Well, that's what metabolic typing does. Instead of a universal meal plan, it takes into consideration your individuality on various levels and creates a meal plan where you feed your body what it needs; essentially, creating harmony with your nutrients and your body so that you can have healthier cells, increased homeostasis in your body systems, and forge a healthier **you**.

One aspect of the metabolic typing diet that intrigued me was the idea of "listening" to your body. More specifically, it's about paying attention to the effects of the food you eat on your body including the effects on your overall mood and energy level. That's right! Food affects our body functions, energy levels, and mood- we know this, but do we **listen** to our bodies—really? I think most people and until recently including myself,

would eat in general making healthy choices, but never seeing past those choices because they were healthy ones, if in fact those foods made our bodies *healthier*.

Here is an example of listening to the effects of your food in your body:

When you eat a light lunch of chicken salad, how do you feel in the afternoon?

1. Feel energized
2. Feel lethargic
3. Feel no difference

When you eat a heavier lunch like hamburger and fries, how do you feel in the afternoon?

1. Feel energized
2. Feel lethargic
3. Feel no difference

FYI- there are no bad or good foods, except perhaps for anything made with high fructose corn syrup, but in any case, think of food more of as-- which foods are *more* right for *you*... And of course, when should you eat it and how much.

So guess what I did? Not only am I listening, but I'm straight up asking because I'm bold and efficient like that! I asked my body why I have acid reflux and nausea every day beginning at 10am. And of course, my body answered me. My intuition told me it was my morning coffee. I *listened* to my body and stopped drinking coffee as of 4 days ago and since then have not had an acid episode. After this revelation, guess who won't stop advising? My body and intuition have had the gall to tell me other things regarding my food choices and now I guess I have the mind

to listen! Have a gander at my favorites Metabolic Typing Diet & Paleo Recipes on PaleoTraveler.com!

What Happens To My Food After I Swallow It? And Does FAT Really Go Straight to My Hips?

The words are infamous; the statement, a jump-out-of-your-bed nightmare, screaming "Nooooooo!"

A moment on the lips, a lifetime on the hips!

Is this statement valid? With this blog post, I charge myself with the duty to answer truthfully, resolutely giving peace of mind to my fellow man and woman! *But*, before I answer, let's first talk about what happens in-between your mouth and your hips...

After you swallow your food it goes through digestion. Through a process of mechanical and enzymatic activity, the food is broken down into smaller pieces which then can be absorbed by the body. It takes about an hour for your stomach muscles to churn and mix the stomach acids and enzymes that turn your food into absorbable nutrients. Depending on the type of nutrient, it also may be subjected to more digestive enzymes in the upper intestines. While some nutrients are absorbed in the stomach, the majority occurs in the small intestine, the gastrointestinal tract (GI Tract). Whatever part of the food that could not be digested or absorbed enters the large intestine for you to eliminate, which of course, has its own "process." So in a nut shell, that's what happens to food after you swallow it- sexy huh? Now let's learn briefly what happens to each kind of food we eat in this digestive process because yes, it will answer our dreaded conundrum!

All our food falls in three categories which are carbohydrates, proteins, and fats, also called macronutrients. Each macronutrient has its own breakdown "process" where ultimately the nutrient breaks down into the smallest version of itself. Carbohydrates will become glucose, proteins become amino acids, and fats become different forms of fat. (For ease of reading I have simplified these processes, for a little more scientific detail please

go to the end of post.) Once the macronutrients have gone through their transformation they are absorbed into the blood and transported to various parts of the body awaiting their final fate. As it happens, all macronutrients have one of three fates which are:

Carbohydrates:

1. Used as immediate energy!
2. Stored as glycogen in the liver and muscle for energy soon to be used.
3. Converted into fat and stored as adipose tissue for energy later.

Proteins:

1. Primarily used for building and repairing other proteins.
2. Can be metabolized as energy when carbohydrate stores of energy are low.
3. Converted into fat for later energy use.

Fats:

1. As a carrier for other substances, like fat-soluble vitamins.
2. Used for energy if energy stores are low.
3. Stored as fat for later energy use.

First, the answer of whether the statement, "***A moment on the lips, a lifetime on the hips!***" is valid, is not as simple as a yes or no answer because it's both. Think of this statement as a "buyer beware." Where ***yes***, if you eat too much and don't move enough it will sit on your hips like a bad fanny pack- not cute! And ***no***, if you eat in moderation and bust a move on the gym floor on a regular basis you can indulge your hips!

Second, now that you know that every food you eat has one of three fates, plan out your meals to choose the right fate for it and you. For example, if within 2 hours of eating you know you will be sleeping for 8 hours, you wouldn't want to load up with high starch carbohydrates because you will not need that type of

energy. Conversely, if within 2 hours you will be working-out with your trainer, carbohydrates would be a good thing! Then of course after your high-intensity workout, you would want to load up on protein and carbohydrates so that your body will have the nutrients it needs to repair and recharge!

Last thought, after all my education and extended learning, I realize it's not about how much I eat that has caused me problems, whether they be weight gain, digestive, and / or allergy issues, but it has really been about *what* I eat. I have found that when I eat for my body type, which means eating a specified formula of carbohydrates, proteins, and fats, and avoiding foods that "I" don't metabolize well, I don't have to worry about my food sitting on my hips. I finally understood that if I give my body what it needs, no more, no less, it doesn't have "excess" that it needs to store. Then, what you have is what's called harmony, a well-balanced exchange of energy in and out.

Additional info:

When carbohydrates are ingested, enzymatic break down begins in the mouth and runs through the process explained above until the carbohydrates are turned into simple sugars. Through various processes the simple sugars find their way into your blood and are transported to your liver where if they are not already, are converted into glucose. Glucose is then transported to various bodily tissues where it has one of three fates.

When Proteins are ingested, the break down and absorption process occurs mainly in the stomach and upper portion of the small intestine. In the stomach, proteins are broken down into smaller proteins, and then into even smaller units called amino acids in the small intestine. The amino acids are then absorbed in the intestines and into your blood to be transported to your liver and muscles joining all other amino acids in what's called your amino acid pool. Amino acids in the pool basically have one of three fates.

When fats are ingested, breakdown begins in the mouth and continues in the stomach. In the stomach, Triglycerides become diglycerides, then into glycerol, monoglycerides, and free fatty acids after being subjected to other digestive enzymes. The water-soluble glycerol and short and medium fatty acids are then absorbed into the small intestine then into your blood stream. While the monoglycerides and long-chain fatty acids are absorbed by the small intestine, having to go through another process to change them into chylomicrons which at some point, through your lymphatic system will end up in your blood stream being distributed to the rest of your body where they will have one of three fates.

Resource: Practical Applications in Sports Nutrition by Fink, Burgoon, and Mikesky

How to Stop Binging or Over Eating Late at Night in 2 Steps

We all at some point can say, "Been there, done that, worn our *"fat"* jeans the next day to hide it!" But that was then, and this is now!

Step 1. Ask yourself why are you overeating? In my experience, it is one of three reasons:

- You are hungry.
- You are bored.
- You are emotionally stressed.

Figure which one is your answer and choose one of the following solutions.

Step 2. Map out a realistic solution.

- IF it is because you are truly hungry, this means you did not eat enough at dinner. If this is the case, first, think of adding more "good fats" to your dinner menu because this will help you stay full longer. Second, add low to medium starch foods to your dinner menu because these types of foods provide longer lasting energy, but at the same time are low in the GI index so your blood sugar level doesn't spike which may cause sleeping imbalances. Generally, these foods are high in fiber which too will help in keeping you feel full longer.
- IF it is because you are bored-- and be honest with yourself, it's OK to admit your life is getting boring because guess what? The solution will hopefully fix that! Thus, if this is the case, get busy! Moreover, get your mind busy. Your mind is playing tricks on your body, telling it that its hungry to mask its boredom. So why not stimulate your brain? Here are some solutions to keep your mind off food and perhaps get a little smarter:
 1. Read a book. I personally like to read fiction, fantasy, romance, and yes young adult books before

bed. Keep it light and fun! If you might be ashamed of the genre of your book, get a Kindle-problem solved!

2. Learn a new language. Pick up where you left off from high-school and impress your friends when you ask the waiter in French, "Puis-je s'il vous plaît avoir un doggy bag parce que je ne veux plus manger."
 3. Pick up a hobby- mine is blogging ;) but you can try knitting, puzzles, anything that will keep you occupied. Don't you find, the busier you are, the less you eat?
- IF it is because you are emotionally stressed, and it doesn't matter the cause, whether it is from work or your personal life, you must first admit to yourself that, "I am stressed and that is why I am eating this pint of ice-cream." Because once you have brought awareness and acceptance to your behavior, it makes it easier to apply a solution. The following solutions are qualified by the "time" in which you become aware of what's transpiring... because, binging, sometimes does sneak up on you.
 1. You've become aware, before you have put any food in your mouth that there is a potential danger of binging-- PHONE A FRIEND. Preferably, call a designated friend who understands why you are calling at 1:00am. Talk out your stress, get the love and support from your friend rather than Ben & Jerry-- no matter how sweet they seem, they are not your BFF's!
 2. You have become aware half way through the pint... **DROP IT IN THE TRASH!** Don't stop and collect \$200-- freaking slam-dunk that sh*t in the trash. And if you think there is more where that came from- dump it all. The safety is off, your hands are loaded, and you need quick decisive action. **THROW THAT SH*T!** Your body will thank you in the morning.

3. You become aware when you are sitting on your sofa unable to breathe, sick to your stomach. TAKE A VOW to not do this to yourself again then forgive yourself because spilled milk is spilled milk, just clean it up and go to sleep. The next day, go to the gym and take out your frustrations on the gym floor- a few times.
 - This last solution is not really a solution; this is where we have actually been-- SO try not to get to this point. **Practice more awareness.** Yes that means, being in the ever popular *NOW* because that is really all there is, and that is where you will find your truth and strength. When you practice more awareness you will rarely find yourself in the throes of bad habits or compromising behavior. Why? Because when you are aware, you are conscious of what is good for you and what is bad for you; you know inherently what is right and wrong, and unless you are a masochistic psychopath, which of course, negates the whole "*awareness*" thing, you would choose to do the right and good thing for yourself. Read more about awareness and intuitive eating.

Sweet dreams!

Thank you

Thank you for following our blog. We endeavor to provide the best information, the tastiest foods, and create products that promote holistic health and happiness.

Stay tuned for our full recipe book coming soon...