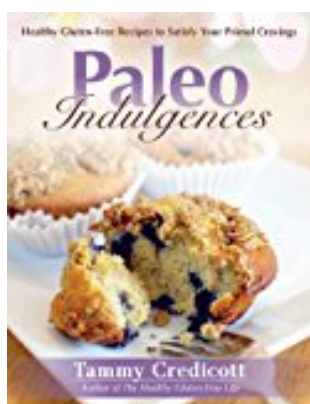


[PDF] Paleo Indulgences: Healthy Gluten-Free Recipes To Satisfy Your Primal Cravings

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Description:

About the Author Tammy Credicott has a BS from California State University, Fresno and is a current recipe developer, blogger, and author of *The Healthy Gluten Free Life*. Tammy and her husband owned the successful gluten-free bakery, The Celiac Maniac, before they were inspired by the paleo lifestyle to transform their health and create the wildly popular *Paleo Magazine*, the only print magazine dedicated to the paleo lifestyle and ancestral health. Tammy has a passion for

understanding health and wellness as it relates to nutrition and has used this knowledge to help her family overcome health issues such as celiac, food allergies and ADD.

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