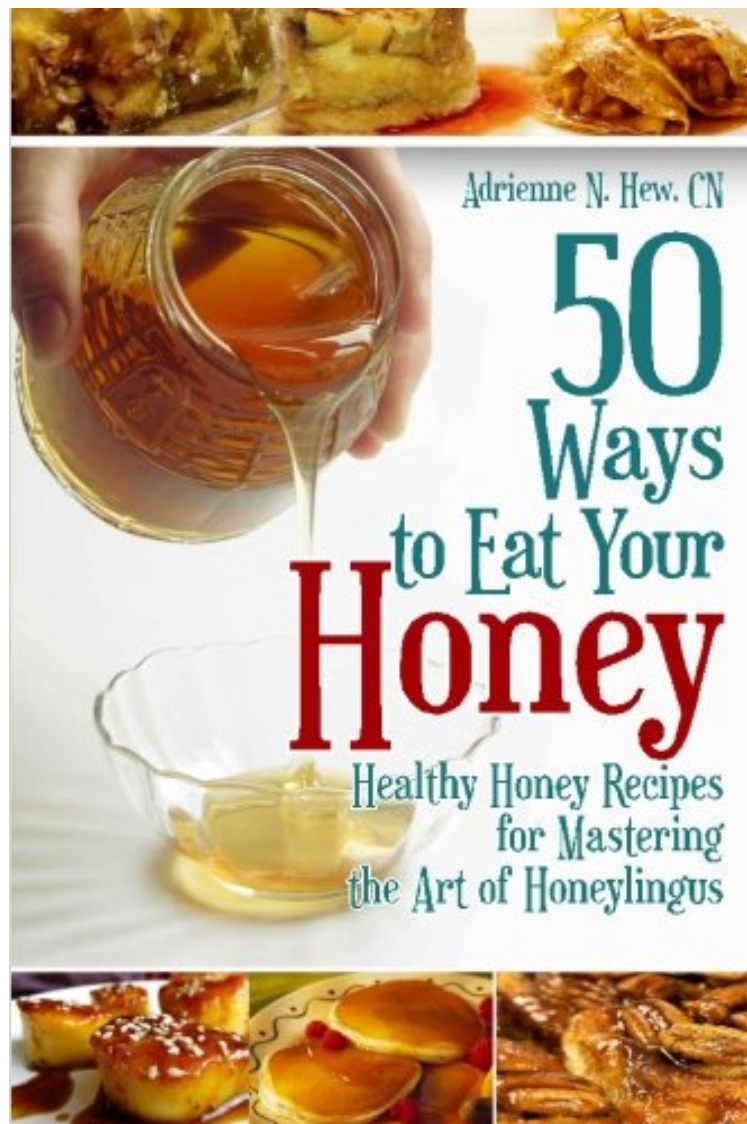


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Adrienne N Hew

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Also published under the title Honeylingus: 50 Healthy Honey Recipes that Will Leave You Begging for More So you think you know how to eat your Honey? Think again. If the mere thought of eating Honey makes you want to gag, then you need this book.If you think that all Honey is created equal, then you need this book.If your idea of "using Honey on everything" means adding it to tea when you're sick or spreading it on the odd piece of toast, then you need this book! Honeylingus: 50 Healthy Honey Recipes that Will Leave You Begging for More is more than just a book with recipes containing Honey, it's a cookbook that shows you the best Honey recipes for showcasing the sultry and seductive flavors in your Honey. Inside, the delicate folds of this book, you'll learn: why Honey is preferred above all other natural and synthetic sweetenerswho shouldn't consume Honeywhat's the best type of Honey to usehow to locate real Honey in your own neighborhood (most of the stuff sold as Honey is basically sugar or corn syrup)how to replace the refined sugar in your recipes with real Honeywhy Honey and up to 1/3 of your food supply is in periland much, much more.... Contrasting her wildly popular tome, 50 Ways to Eat Cock: Healthy Chicken Recipes with Balls!, Certified Nutritionist Adrienne Hew's Honeylingus: 50 Healthy Honey Recipes that Will Leave You Begging for More explores this decidedly feminine traditional food like you've never seen it before. Join her on her journey from Honey virgin to deflowered aficionado while learning about the secrets of the hive and the crisis facing the bees. It will change the way you look at Honey forever!

"For everything you ever wanted to know about the world's healthiest sweetener, don't miss50 Ways to Eat Your Honeyby Adrienne Hew. Interesting information and great recipes!"- Sally Fallon Morell, President The Weston A. Price Foundation Author,Nourishing TraditionsAbout the AuthorAdrienne Hew has been called "the Nutrition Heretic" and "the Pope of Health" because of the unique sense of levelheadedness she brings to discussions on nutrition. Both Dietetic Associations and politically correct, so-called alternative health advocates often have difficulty reconciling their beliefs with the truth contained in her observations and experiences.Ms.Hewbegan her holistic health journey after suffering innumerable health problems and near death experiences while following the American Dietetics Association's dietary recommendations. Born into a multicultural family that had thrived on a very different diet, she set on a quest to learn the dietary commonalities amongst all healthy societies. Her fluency in three languages has enabled her to uncover many long forgotten food traditions throughout the world.