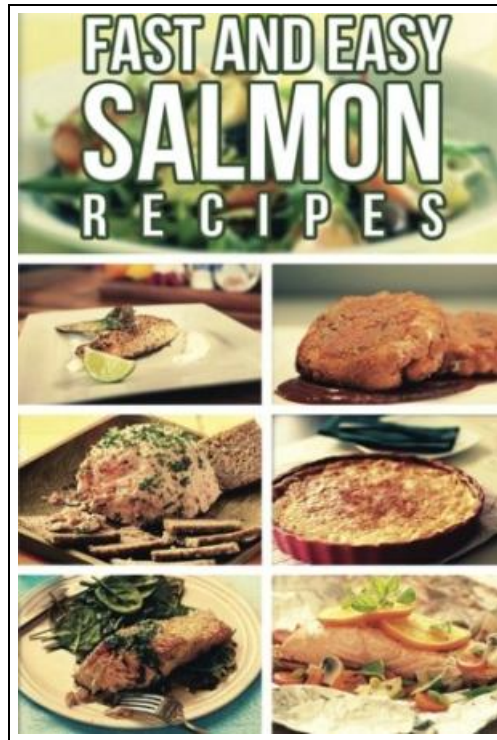


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(Mabelle Wuckert)

FAST AND EASY SALMON RECIPES (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Eat Healthy With Salmon What is the health benefits of salmon? The most important benefit of salmon is that is rich in omega 3-fatty acids. These healthy fats will reduce risk of heart diseases, reduce inflammation and improve insulin resistance. Besides this, salmon is the best, non-dairy source of vitamin D. Salmon is high in vitamin B3 and this makes it a beneficial food for the circulatory system. In addition, vitamin B3 or niacin can help lower cholesterol. Because of its high content of vitamin B3, this fish is recommended to fight diseases such as diabetes, arthritis or tinnitus. Vitamin B6 you can find in salmon makes it highly recommended in cases of diabetes, depression and asthma. In addition, vitamin B6 helps the fish to prevent heart disease, can reduce the symptoms of carpal tunnel syndrome and can even help in the fight against cancer. The high amount of vitamin D salmon makes this fish consumption is recommended to strengthen the skin and bones. In addition, consumption of foods with vitamin D helps to strengthen the immune system and helps prevent certain cancers. What is in this ebook? In this cookbook you will find 25 recipes with salmon as key ingredient. We must mention that all recipes are diabetic-friendly and only sugar you can find is there naturally, plus all recipes are low in carbohydrates that have huge impact on blood sugar levels. In order to give you full view of each recipe, you will find nutritional analysis at the end of each recipe so it will be easier to decide which recipe suits you the best.



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