

Books by Julie Daniluk

2017 - Hot Detox (Canada) & The Hot Detox Plan (US/UK)

Hot Detox is simply the most intelligent way to cleanse with an easy-to-follow plan, delicious meals and proven ways to reset your vitality.

While most detox plans chill your body and suppress digestion, *Hot Detox* supports every major organ of your body. Embracing the ancient wisdom of India and Asia and utilizing the time-tested intelligence of warming up your body's core to boost low immunity, alleviate IBS, banish chronic pain, balance hormones and help spur weight loss, *Hot Detox* will help you feel the warm, happy glow & look hotter than you have in years!

Learn the science of detoxification as it has never been explained before with beautiful and easy-to-understand medical illustrations which draw on my own personal story of detoxification and over a decade of research.

- A 21-day detox program with safe and effective weekly meal plans
- Learn about top detox foods that are nutritious, affordable and anti-inflammatory.
- Discover heat therapy techniques to increase flexibility, decrease joint pain, relieve muscle spasms and reduce inflammation
- Incorporate Ayurvedic and Asian healing practices to calm your mind and body
- Detox on your schedule - I've included 3-day, 7-day and 10-day detox plans!
- Over 100 delicious recipes (both omnivore and vegan) for herbal infusions, healthy bone broths, warm salads, soothing treats and more ...

2015 - Slimming Meals That Heal

Diets fail because they are a self-imposed temporary food prison that you can't wait to escape. *Slimming Meals That Heal* will shatter the need to count calories and will conquer cravings by offering *The Live-It* : a delicious new way of eating that reduces the inflammation that looms in the background of anyone who struggles with their weight.

Bursting with over 120 easy, tasty, phenomenally healthy slimming recipes for every meal of the day, *Slimming Meals That Heal* deepens the understanding of how food can hurt or help by showing the all-important relationship between inflammation, allergies and weight gain. This book includes information on cleansing the organs, as

well as information on the specific power of superfoods and techniques that directly reduce cravings, plus a 5-step plan on how to boost metabolism and balance hormones leading to holistic weight loss. Once you begin your *Live-It*, you'll leave dieting behind forever as you embrace a joyous, healthful approach to eating!

2012 - Meals That Heal Inflammation

In her first book, TV host and registered nutritionist Julie Daniluk reveals how pain is caused by inflammation and how to relieve it through food. Inflammation is on the rise. Conditions like allergies, skin disorders, asthma, heart disease, arthritis - and any other condition ending in "itis" - all have inflammatory components. In *Meals That Heal Inflammation*, Julie shows you how to alter our immune response through diet.

Featuring a practical nutrition guide, menu plan and 130 fun, easy and delicious recipes, *Meals that Heal Inflammation* makes healthful eating a true pleasure. The first part of MTHI outlines six causes of inflammation and gets to the root of the pain we experience, before Julie shows us how to build a healthy kitchen full of foods that will contribute to our well-being. Among MTHI's easy and tempting recipes are *Quinoa Salad*, *Salmon with Fennel*, and truly tempting *Key Lime Pie*. Most suggested meals can be prepared in under 30 minutes - even for novice chefs.

Meals That Heal Inflammation is your comprehensive guide to easily implement, and fully commit to, a deliciously easy anti-inflammatory lifestyle. Extensively researched, and overflowing with information about the healing properties of everyday foods, *Meals That Heal Inflammation* is a mainstay in every healthy kitchen.