



# **Mindful Eating With a Dash of Humor:: A Gluten, Soy, and Dairy Free Guide to Enlightenment**

*N. K. Jones*

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For many years, Kathryne Jones suffered from poor general health. Plagued by chronic fatigue, sinusitis, allergies, muscle and joint pain, headaches, stomach pain, acid reflux, and depression, Jones found little relief in the remedies offered by doctors.

Tired of being tired, Jones decided to stop listening to the “experts” and start listening to her own intuition. As she paid attention to the messages her body was sending her, she realized that she needed to get rid of the gluten, soy, and dairy from her diet if she wanted to put an end to inflammation’s terrible reign.

Now, Jones shares her wealth of knowledge and considerable culinary skills in this hypoallergenic cookbook.

Featuring foodie-approved dishes sure to delight even the pickiest eaters, this cookbook’s recipes will help you focus on the wonderful things you can eat and help you incorporate humor into your daily diet.

If you suffer from chronic inflammatory conditions, let Kathryne Jones’s *Mindful Eating with a Dash of Humor* help you nourish and heal your body while feeding your spirit and soul.



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