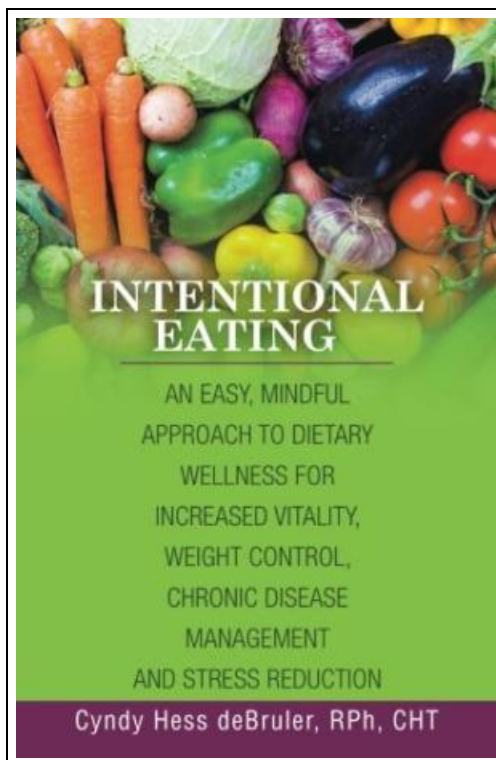


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Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book will help you come into harmony with food and your body by learning to eat with intention and mindfulness. The result will be blissful enjoyment of healthy real foods that will nourish your body, heart and soul. Dis-ease starts with emotional, spiritual and physical imbalance. Often that imbalance is sparked by eating the wrong foods and falling prey to common food addictions including sugar, too many carbs, salty flavorings, and bad fats. The first step in regaining your health and living the vital life you want is to break these addictions. This book provides the tools needed to easily break food addictions in 10 days and then identify the foods that are right for your body. You will learn how, when and what to eat. Following the guidelines provided, in 10 days your body will experience a revolutionary shift in how you feel. More energy, mental clarity, freedom from digestive problems and prevention and healing of chronic diseases are all possible by changing your diet and practicing intentional eating.

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