

Detox Diet: Eating Well for a Life of Pure Energy, Shape and Health.

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Reviews

The book is great and fantastic. It is writter in straightforward words and phrases rather than difficult to understand. You wont really feel monotony at at any time of your respective time (that's what catalogues are for regarding should you question me). (Payton Miller)

DETOX DIET: EATING WELL FOR A LIFE OF PURE ENERGY, SHAPE AND HEALTH.



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. How To Eat Well To Get An Exceptional Health And Shape And Why The Food Industry Is Going To HATE This Book Whether you want to lose weight or suffer from obesity, fatigue, heart disease, stress, osteoporosis,cancer, hypertension, depression, diabetes, digestive problems or simply want to take care of you and your diet, this book is for you. Among the misconceptions about nutrition and poor eating habits hyped by media and food industry, you do not know anymore how to stop poisoning yourself with quot;junk foodquot; and killing yourself little by little. Discover now the true principles to eating well (4 powers and 4 poisons) that will completely detoxify you and allow you to create an exceptional health, shape, and energy. All You Need To Know About Food Is Here Right today, you will know: The Secrets Of The Optimum Nutrition And The 7 Rules to Healthy Eating The Best Food Combinations And The Ideal Food Pyramid Why The Traditional Food Pyramid Clogs Your Body The Exact Daily Quantity Of Water You Need According To Your Weight The Best Sources Of Essential Oils And The Ones To Avoid At All Costs The Risks Of An Unbalanced pH And How To Rebalance It With A Simple Trick The quot;Full Healthquot; Menus For Breakfast, Lunch And Diner That Will Make Your Taste Buds Salivate How To Never Again Poison Yourself With Industrial Fats The Shocking Truth About Chicken And The Consequences Of A Mainly Carnivorous Diet The Greatest Lie They Have Ever Made You Believe About Milk, Children s Growth And Osteoporosis And Plenty Of Other Breathtaking Things You Would Have Never Imagined Apply these detox diet...

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