



Conquering Food Triggers

By Mike Fillon

Woodland Publishing Inc. Paperback. Book Condition: new. BRAND NEW, Conquering Food Triggers, Mike Fillon, More than half of the U.S. population is overweight. While some blame obesity on a lack of willpower, it may not be that simple. Certain foods may actually act as triggers in some people, resulting in food cravings and, ultimately, weight gain. Salt, caffeine, refined sugar, wheat, and chocolate are among potential triggering agents. In this booklet, author Mike Fillon offers easy diet alternatives to help you identify and overcome your cravings to achieve a healthy weight - and better health.



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- Audra Klocko PhD

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch