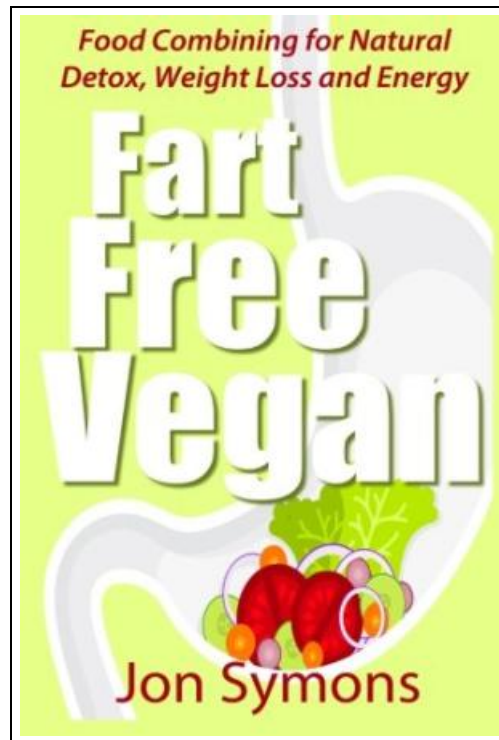


Fart Free Vegan: Food Combining for Detox, Weight Loss and More Energy



Filesize: 1.2 MB

Reviews

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(Quinton Balistreri)

FART FREE VEGAN: FOOD COMBINING FOR DETOX, WEIGHT LOSS AND MORE ENERGY



Createspace. Paperback. Condition: New. This item is printed on demand. 67 pages. 2 Best Seller on Amazon in Vegan Books! In Fart Free Vegan you will learn: - 5 common vegan food mistakes that create gas- How food combining impacts your health and weight- What causes gas and indigestion- The classifications of foods and how the body digests each category differently- A quick tour of your digestive system while it breaks down a typical vegan meal- The 5 simple food combining rules for a happy belly Plus a free bonus: a printable food quick reference chart with foods classified by digestive category and food combining rules to keep at your fingertips. Are you following a healthy raw or vegan diet and failing to see the success or improvements that you expected? Are the nutritious foods you're eating making you bloated and full of gas? Did you know that your digestive system is designed to break down foods in a precise way? No matter how healthy the food you are eating, you will have gas and bloating if you break these rules. This book will introduce you to the science of food combining customized for a vegan diet. You'll understand how your digestive system works and what happens when incompatible foods are eaten in one meal (GAS!). Our digestive system developed before we had buffets, grand slam breakfasts, drive-thru fast food and four course dinners. This book shows the way food needs to be eaten and in what combinations to have optimal digestion, minimal gas and great health. Fart Free Vegan will help you get off of the indigestion supplement treadmill. Probiotics, apple cider vinegar, hydrochloric acid, enzymes and charcoal tablets won't cure our indigestion problems. The rules of proper food combining are the foundation of a harmonious digestive system and vibrant health. We may need...



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