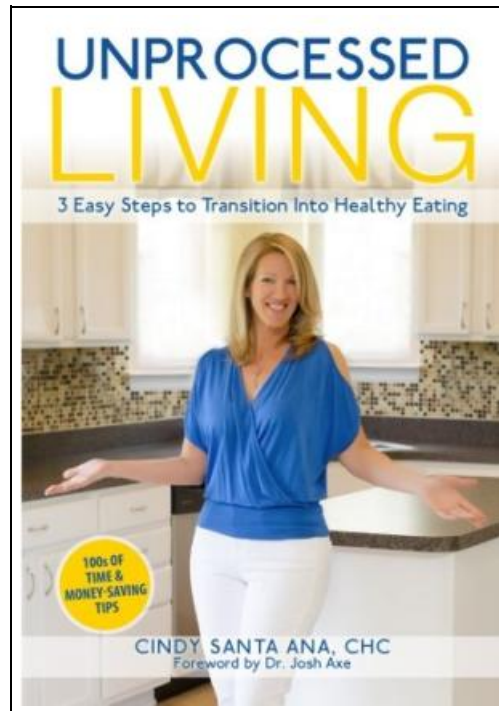


Unprocessed Living: 3 Easy Steps to Transition Into Healthy Eating



Filesize: 1.97 MB

Reviews

A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.

(Dr. Grady Jacobi DDS)

UNPROCESSED LIVING: 3 EASY STEPS TO TRANSITION INTO HEALTHY EATING



Unlock Better Health. Paperback. Condition: New. 216 pages. Dimensions: 9.6in. x 6.7in. x 0.5in. Are you suffering from low energy, unwanted pounds and minor health concerns, like high cholesterol, headaches or allergies? It could be the food you are eating. Do you want to ditch processed foods, but don't know where to start? Unprocessed Living will teach you how to: Spot ingredients that are wreaking havoc on your health. Swap your unhealthy staples for more nutritious versions. Save time and money on healthy food. Prepare quick, nutritious meals that your family will love. Over 100 healthy recipes to get you started! Plus, learn how to eat healthy when dining out or traveling, how to get your family on board and how to get your kids to eat healthy as well. You'll also learn how to keep a healthy home, where you'll learn how to choose safer personal care and cleaning products and items around the home. Editorial Reviews: Cindy's book is simple and easy to follow. She shows you how to transition your family away from processed foods to begin the journey back toward better health and vitality. Terry Wahls M. D., author of the bestseller *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*. With *Unprocessed Living*, you'll learn how to critically read food labels, substitute processed ingredients for healthier alternatives, create shopping lists and meal plans, stock your pantry and fridge, save time and money in the kitchen, eat out, navigate picky kids, find alternatives for school, sports, holidays, and household items like laundry soap, as well as tons of recipes to get you started. . . . In other words, it's all here! Cindy has all the bases covered to get you and your family on the track to real...



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