

## Just Eat It: How to Ditch the Green Smoothies Juice Fasts, Heal Your Gut and Enjoy Eating Again



Filesize: 9.69 MB

### ***Reviews***

*Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.*

***(Melany Goyette)***

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.End Digestive Suffering Today If you've been through digestive hell, you know it's no picnic. Bloating, gas, constipation, acid reflux. It may have gotten so bad that you're afraid to eat anything at all, but there is hope. Learn the secrets of digestive health, which are probably simpler (and more enjoyable!) than you've been led to believe. Author Joey Lott has been through it all himself, trying a myriad of diets, cleanses, and protocols before finally discovering what works. And now he's sharing his secrets with you. There really is a solution to your suffering, and it doesn't involve diets, pills, doctors, or surgery. Put an End to Restrictive Diets Have you gone low-carb, thinking it would heal your digestion? Maybe you've gone gluten-free or vegan. Maybe you've cut out sugar out of fear (or even a diagnosis) of Candida overgrowth but found you just couldn't stick with it or you actually felt worse. Just Eat It reveals the surprising truth about restrictive diets and their real effect on digestive health. Learn how to reclaim your digestive wellness without the painful or restrictive programs you've tried in the past. No more diets, no more cravings. Eat well to be satisfied, healthy, and free of digestive complaints. You Can Finally Relax What effect does stress have on digestion? Is it really so bad to suck in your gut? Lott explains how fear, stress, and tension can wreak havoc on your digestion and what you can do to fix it. Learn to relax, breathe more deeply, and get more enjoyment out of life. You'll discover the connection between subconscious thoughts...



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