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Clean Eating Diet and Cookbook: Your Complete Guide to Starting a Whole Foods Based Diet with 25 Delicious Recipes for Health, Energy and Weight Loss

By Karen Braden

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.LEARN HOW TO ELIMINATE PROCESSED FOODS FROM YOUR DIET AND START REAPING THE BENEFITS OF EATING CLEAN STARTING TODAY The Clean Eating Diet and Cookbook brings you a diet rooted in the scientific understanding of what we should, on a cellular level, eat to lose weight and live life with renewed vitality: the clean eating diet. If you re currently suffering from diseases like diabetes, obesity, depression, anxiety, or high blood pressure, you might have your diet to blame. This is, of course, not your fault. As it is, our current society has created a monstrous food industry that continually processes things, making the line between the table and where our food originated longer and longer. If you ve ever looked at the back of one of your classic, everyday foods-even healthful things like applesauce and yogurt-you might find ingredients with several syllables, with x s and y s. These filler ingredients work to process your food, make it last longer in a non-natural environment, and detract from the nutrients and vitamins you should be getting on a...



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