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The Nourished Belly Diet: 21-Day Plan to Heal Your Gut, Kickstart Weight Loss, Boost Energy and Have You Feeling Great

By Tammy Chang

Ulysses Press, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. AN EASY-TO-FOLLOW DETOX UTILIZING TRADITIONAL WHOLE FOODS TO HEAL YOUR DIGESTIVE SYSTEM Your digestive issues could be as simple as what you re eating. Whether it s processed foods, added sugar or a number of other unhealthy options, this book will help you detox with traditional ingredients that heal the body naturally. Written by a health coach and certified nutrition consultant, The Nourished Belly Diet teaches a nutrition-as-medicine diet with: * Complete guide to regenerative foods * Three weeks of comprehensive meal planning * Simple daily tips to boost vitality * Essential holistic health advice Bring your body back into balance with the book s delicious recipes that use whole, traditional foods, including: * Crispy Kale Chips * Pumpkin Seed Pesto * Rosemary Chicken * Slow-Cooked Pork Ribs * Tomato Corn Basil Salad * Coconut Red Lentils * Peanut Oxtail Stew * Sweet Potato Home Fries.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**