



Conquering Food Triggers

By Mike Fillon

Woodland Publishing Inc. Paperback. Book Condition: new. BRAND NEW, Conquering Food Triggers, Mike Fillon, More than half of the U.S. population is overweight. While some blame obesity on a lack of willpower, it may not be that simple. Certain foods may actually act as triggers in some people, resulting in food cravings and, ultimately, weight gain. Salt, caffeine, refined sugar, wheat, and chocolate are among potential triggering agents. In this booklet, author Mike Fillon offers easy diet alternatives to help you identify and overcome your cravings to achieve a healthy weight - and better health.



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