



## The Real Food Reset: 30 Days to Lose Weight, Kick Cravings Feel Great!: Get in Touch with Your Primal Instincts, Detox Your Body, and Cleanse Yourself of Cravings, All with Real Food!

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By Roland Denzel, Galina Denzel

Fit Ink Publications, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The REAL FOOD Reset - The Amazon Kindle Bestseller, now in paperback! `` All too often, our Standard American Diet leaves us overfed but undernourished; Roland and Galina Denzel have written a concise but powerful guide to improving your life with nature s most powerful medicine - Real Food.`` - Wendy Welch, MD`` You need to read this new book because: you are tired of being overweight you are fed up with cravings you are done letting food rule your life you need to get healthy NOW! `` Our energy levels are through the roof, no more crashing in the afternoon, I have lost 12 pounds, our sleep has improved, we are able to be more active and have noticed we don t have to eat as much during the day. We plan to continue this after the 30 day challenge!`` - Rosie and Sean, 30 years old We launched our 30 Days of Real Food program on our website in January, and testimonials started coming in within a week - pain gone, energy returning, skin clearing, digestion...



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### Reviews

*Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.*

-- **Shayne O'Conner**

*This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.*

-- **Caden Buckridge**