



Detox Diet: Eating Well for a Life of Pure Energy, Shape and Health.

By Remy Roulier

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Eat Well To Get An Exceptional Health And Shape And Why The Food Industry Is Going To HATE This Book Whether you want to lose weight or suffer from obesity, fatigue, heart disease, stress, osteoporosis, cancer, hypertension, depression, diabetes, digestive problems or simply want to take care of you and your diet, this book is for you. Among the misconceptions about nutrition and poor eating habits hyped by media and food industry, you do not know anymore how to stop poisoning yourself with "junk food"; and killing yourself little by little. Discover now the true principles to eating well (4 powers and 4 poisons) that will completely detoxify you and allow you to create an exceptional health, shape, and energy. All You Need To Know About Food Is Here Right today, you will know: The Secrets Of The Optimum Nutrition And The 7 Rules to Healthy Eating The Best Food Combinations And The Ideal Food Pyramid Why The Traditional Food Pyramid Clogs Your Body The Exact Daily Quantity Of Water You Need According To...



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