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The Green Food Diet: Avoid the Hidden Dangers in Your Food and Eat Your Way to Vibrant Health and Your Perfect Weight (Paperback)

By James Greenwell

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Green Food Diet This book will help you lose weight. And if you re already at a healthy weight it will help you maintain it. However, it s not a diet book in the traditional sense and it s about much more than just weight loss. It s about avoiding the hidden dangers of our modern diet and replacing bad foods with the foods we need for health, energy, vitality and disease prevention. Our bodies possess incredible powers of repair and regeneration. But they can only work with the building blocks we give them. A healthy body is impossible without a healthy diet. This book will help you get both. Why do we spend so much time dieting? A recent UK study of 2,000 people found that three quarters of men and women had tried at least one diet in the last year. And, amazingly, it found that by the age of 45 the average woman had tried 61 different diets! Unfortunately, an estimated 80 of people who manage to actually lose weight gain some or all of it back within...



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