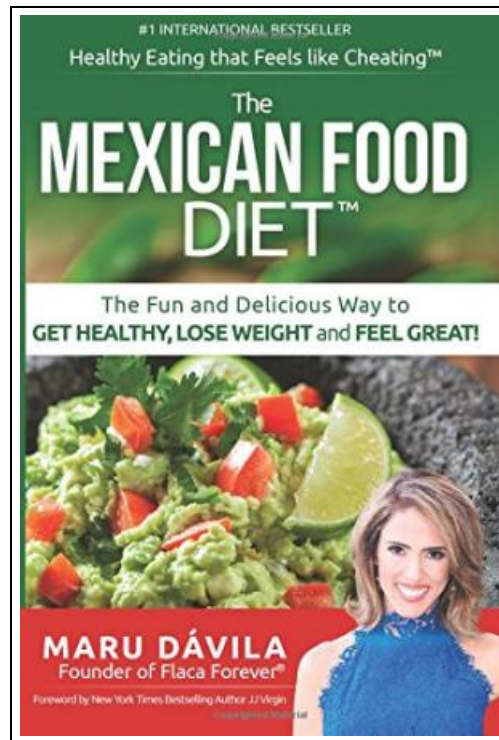# The Mexican Food Diet: Healthy Eating That Feels Like Cheating (Paperback)

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THE MEXICAN FOOD DIET: HEALTHY EATING THAT FEELS LIKE CHEATING (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Maru is determined to inspire and empower people to get healthy, lose weight and improve their mood with delicious Mexican food. No hunger or deprivation allowed in the Mexican Food Diet(TM). After struggling with her weight for 30 years and destroying her health, Maru went on a mission to create a new way of eating to lose weight, feel great and to stay that way, without deprivation, hunger, boredom with bland foods, or excessive exercising. The Secret: Healthy Eating that Feels Like Cheating(TM)! In this book, she shares this powerful secret that helped her lose 60 lb. and keep it off while recovering her health and getting in the best shape of her life physically, mentally and emotionally. She demonstrates that Mexican Food, when chosen right, is the ideal food for losing weight and getting healthier. It is delicious, nutritious and satisfying. It is also extremely effective for reducing toxicity and inflammation, two of the leading causes for most diseases and weight loss struggles. Her recipes are strategically developed using S.M.A.R.T. ingredients: Support health and weight loss] Minimize toxicity + Affect mood and emotions in positive ways + Reduce inflammation + Take care of keeping hormones in balance. - The diet in this book, if followed correctly, can allow readers to lose up to 7 pounds in 1 week. - It can also help you in many other great ways: more energy, calmer and happier mood, improved general well being, better sleep, reduced cravings for sugar and junk food, improved digestion and a stronger self esteem. - And very important too, if you continue to follow the principles of the diet, you will begin noticing how your immune system can improve...

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