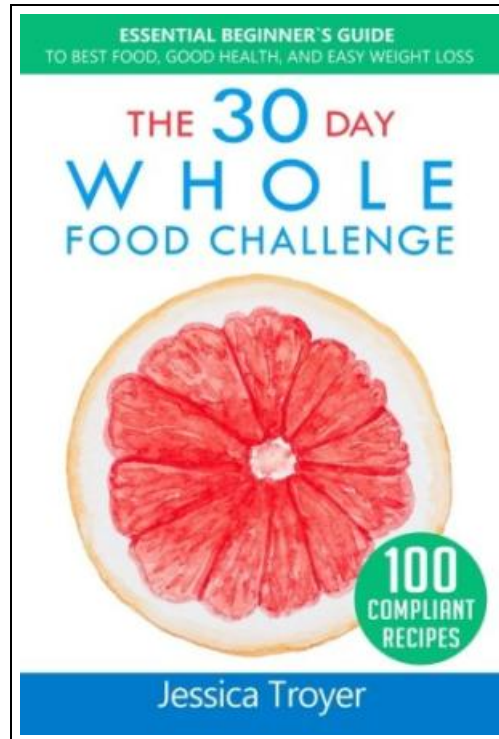


The 30 Day Whole Food Challenge: Essential Beginners Guide to Best Food, Good Health, and Easy Weight Loss; With 100 Approved, Simple and Delicious Recipes (Paperback)



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Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.




(Tomas Witting)

THE 30 DAY WHOLE FOOD CHALLENGE: ESSENTIAL BEGINNERS GUIDE TO BEST FOOD, GOOD HEALTH, AND EASY WEIGHT LOSS; WITH 100 APPROVED, SIMPLE AND DELICIOUS RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Key to completely resetting your body and giving your health a fresh start lies in this book, with the Whole30 diet! Very few diet programs in the world are as influential and effective as the Whole30 program! Developed in 2009 by Melissa and Dallas Hartwig, this diet immediately took the whole world by storm and gave birth to an enormous community of followers, whose lives have been completely changed thanks to this diet! The premise of this diet is very simple. Get rid of any and every kind of junk foods and sugar for 30 days in order to jumpstart the metabolic system of your benefit and give it a thorough detox. After your 30 days journey, your body won't ever be the same anymore as you will feel completely rejuvenated, giving you much leaner and attractive physique, improved immune system and an overall healthier body in the long run. Following a Whole30 diet comes with essential benefits: Skin, nail and hair condition will drastically improve: Eliminating unhealthy food from your diet will soon result in beautiful hair and skin conditions Feel more energetic: Once your body has adjusted itself to the new diet, you feel a surge of energy flowing throughout the whole day! Lose weight: Since you are going on a completely clean diet, you will gradually and effortlessly start to lose weight without even knowing! Improve sleeping: The Whole30 diet will greatly improve the hormonal balance of your body and regulate them properly. This will improve your sleep cycle giving you better sleep patterns Improve focus: The abundant supply of energy will keep also help you to stay focused all throughout the day Prevent serious diseases:...

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