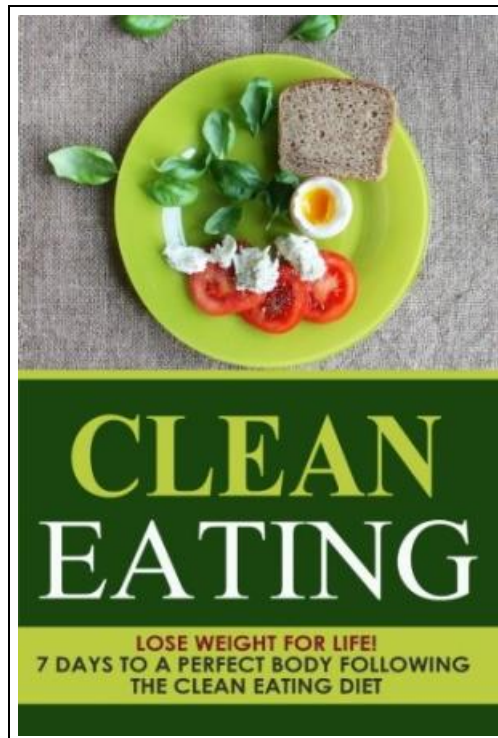


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Clean Eating 2nd Edition! Get Ready to Start Off Your Best New Year Ever! CLEAN EATING MADE SIMPLE! Clean Eating is perhaps the best way to approach a healthy lifestyle without some of the more strict limitations of other diets. In fact, it is more of a lifestyle choice rather than a diet, which is what makes it perfect for anyone, anytime, anywhere! If you re looking for the perfect solution to permanently lose weight naturally while achieving the best health and energy levels like never before, this is the only way to go! It s become an increasingly popular approach for achieving a healthy mind and body through changing your eating habits by eliminating processed foods from your diet and replacing them with all natural unprocessed ones. Although clean eating isn t necessarily new, with more people becoming health conscious in today s world of genetically modified and otherwise artificially processed foods, clean eating is proven to be the clear winner for permanent weight loss, increased energy, money savings and overall health and vitality compared to all of the other popular diet trends out there today! Perhaps that s because clean eating isn t necessarily a diet but rather a lifestyle choice. Because of this, it s much easier to get started and stick with this approach. The best part is, this book will show you that you aren t restricted from eating any of the food groups you know and love! What You ll Learn: -Why is clean eating the best lifestyle choice? -What are clean foods and how do I find them? -How can clean eating help me lose weight fast? -How can clean eating...



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