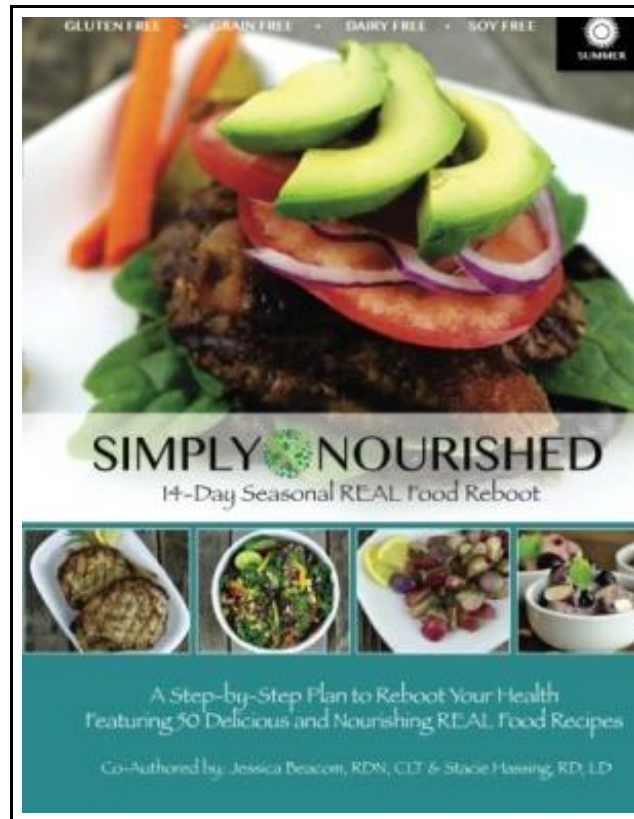


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Simply Nourished is back with a whole new collection of delicious, real food recipes for summer. All of the recipes are free of gluten, soy, dairy and grains but full of flavor and feature seasonal ingredients. Includes expanded content with information on physical activity and supplements. Wondering if the Reboot is right for you? Ask yourself these questions: * Are you tired all. of. the. time. * Is your skin is dull, drab and prone to irritations or breakouts * Is your digestion is less than perfect - diarrhea, constipation, bloating or cramping are part of your everyday life * Does our muffin top and love handles refuse to budge even when you follow a healthy diet and exercise * Do you have an unhealthy relationship with certain foods - Sugar, alcohol, chocolate.name your poison If you said Yes to at least one of these things, then listen up because it s your body s way of telling you that it needs a break from sugar, processed foods, alcohol, dairy, grains and other potentially problematic foods. Simply Nourished is not a cleanse , detox , diet , challenge , or a quick fix . It s simply a 14-day plan focusing on REAL, seasonal foods designed to help you learn how to make wholesome, nourishing food choices that support detoxification and optimal digestion. By rebooting your system you can improve your digestion, sleep better, feel lighter, jump start weight loss, banish the bloat, have brighter and clearer skin, and tame unruly cravings for sugar and other processed foods. And since food is only part of the equation when it comes to wellness, Simply Nourished includes...



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