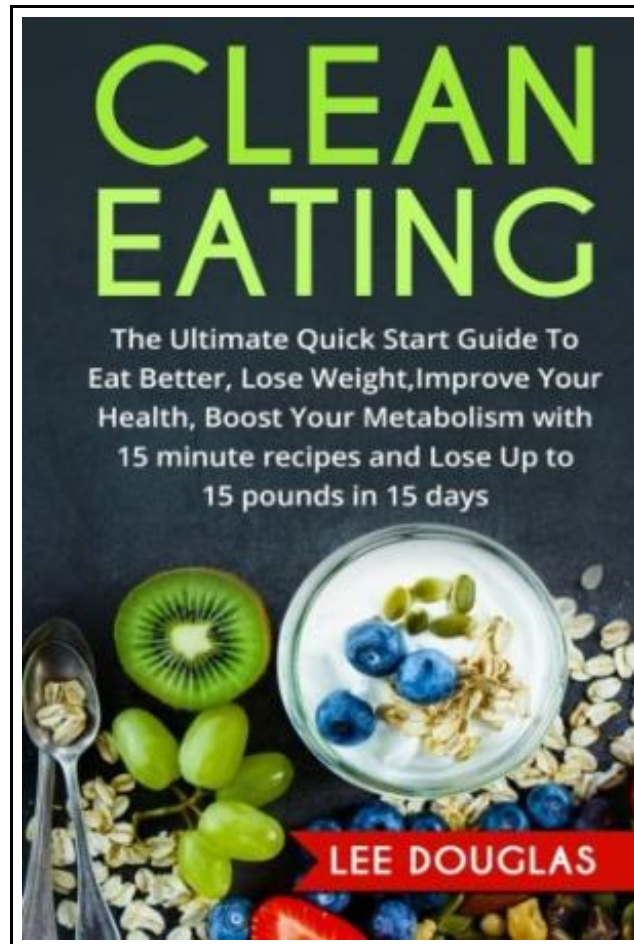


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn Exactly How To To Eat Better, Lose Weight, Improve Your Health, Boost Your Metabolism with 15 minute recipes to Lose Up to 15 pounds in 15 days! What have you eaten so far today? As you name the dishes, could you re-create them from scratch right in your kitchen? Could you name all of the ingredients in each dish you ate? You can t go on to a farmer s field or into his barn and collect most of the food you probably ate today. You can t go there and pick fresh Pop Tarts or white toast off the plant. There are no power bar trees, nor any energy drinks available from the fruit trees in his orchard. There is no instant gravy mix on any bush in his field. There is no instant coffee or synthetic coffee creamer in his barn anywhere near the cows. I am here to talk to you about real food versus pseudo-food. To talk to you about your choices and the control you have over the food you eat. When you have control over the food you eat, you have tremendous control over your body s health and vitality. Look around you. How many people have true glowing health and vigorous vitality (whatever their age)? Maybe they are making different food choices from you. Real food is your friend - the best friend your gut and body ever had! Toxins are your enemy - the worst enemy your gut and body could ever harbor within. Eating real food helps flush out those toxins. Flushing out the toxins creates health and ensures lean wellness. All of us already know what real food is...



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