



The Nourished Belly Diet: 21-Day Plan to Heal Your Gut, Kick-Start Weight Loss, Boost Energy and Have You Feeling Great (Paperback)

By Tammy Chang

Ulysses Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. AN EASY-TO-FOLLOW DETOX UTILIZING TRADITIONAL WHOLE FOODS TO HEAL YOUR DIGESTIVE SYSTEM Your digestive issues could be as simple as what you re eating. Whether it s processed foods, added sugar or a number of other unhealthy options, this book will help you detox with traditional ingredients that heal the body naturally. Written by a health coach and certified nutrition consultant, The Nourished Belly Diet teaches a nutrition-as-medicine diet with: * Complete guide to regenerative foods * Three weeks of comprehensive meal planning * Simple daily tips to boost vitality * Essential holistic health advice Bring your body back into balance with the book s delicious recipes that use whole, traditional foods, including: * Crispy Kale Chips * Pumpkin Seed Pesto * Rosemary Chicken * Slow-Cooked Pork Ribs * Tomato Corn Basil Salad * Coconut Red Lentils * Peanut Oxtail Stew * Sweet Potato Home Fries.



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