



# **You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine)**

*Suzanne Hubbard, Naomi Rowe*

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## **You Are What You Eat Box Set**

### **Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8-Day Plan to Rejuvenate Your Health**

If you are looking for an easy way to cheat at clean eating then this isn't the book for you; however, if you are looking for an 8 day clean eating plan that works, then "Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" is what you are looking for.

"Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" covers everything you need to know about starting and maintaining a clean eating regimen from protein choices to desserts

As you journey through "Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" you will learn how to better understand your food so that you can make clean eating choices without dependence on anyone else to tell you what is okay to eat and what is off limits.

#### **Here is a preview of what you will learn from this book:**

- The truth about what you drink.
- Tips for maintaining your clean eating habits.
- Getting a better understanding of processed foods.
- The do's and don'ts of clean eating.
- And Much More

# You Are What You Eat: Making Your Food as Your Medicine to Prevent Common Health Problems

Are you tired of taking in thousands of pills every year with almost no results? How many times has your frustration reached the top limit after seeing how your money flies out of your wallet, yet the signs of your health improvement are nowhere to be found?

Maybe right now you have a skin problem and do not know how to fix it. Or maybe you feel tired without a real explanation. Your digestive system is also slow and you feel heavy and moody.

If any of those things ring a bell, then maybe it is the time to make a change in your life. Put a stop to all the bad habits you have and start a more beautiful life instead. This book is going to show you how to do it.

## Inside you will learn:

- How to make smart and healthy grocery shopping
- How to say no to junk food
- What are the foods that look like organs
- What are the most beneficial foods and their healing powers
- How does detoxification work
- Tips for an efficient detoxification
- Ideas on how to make a healthy and delicious breakfast
- The foods that will keep you young and healthy

Right after reading the very first pages of this book, you will start questioning your eating habits and you will start putting more thought into the food you hold inside your fridge. You will try to find new ways in which it can be used, outside of the cooking area.

This is a revolutionary book which will definitely make you more aware of yourself and of how you treat your body.

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**From reader reviews:**

**Joshua West:**

The book *You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine)* gives you the sense of being enjoy for your spare time. You can use to make your capable far more increase. Book can being your best friend when you getting anxiety or having big problem with the subject. If you can make reading through a book *You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine)* to be your habit, you can get far more advantages, like add your capable, increase your knowledge about several or all subjects. It is possible to know everything if you like available and read a reserve *You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine)*. Kinds of book are several. It means that, science reserve or encyclopedia or some others. So , how do you think about this guide?

**Allison Price:**

Book is to be different for each grade. Book for children until finally adult are different content. As you may know that book is very important for us. The book *You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine)* was making you to know about other understanding and of course you can take more information. It is rather advantages for you. The book *You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine)* is not only giving you more new information but also for being your friend when you sense bored. You can spend your spend time to read your publication. Try to make relationship using the book *You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine)*. You never really feel lose out for everything in the event you read some books.

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**Christopher Morton:**

People live in this new day of lifestyle always try to and must have the spare time or they will get wide range of stress from both way of life and work. So , once we ask do people have spare time, we will say absolutely

without a doubt. People is human not really a robot. Then we request again, what kind of activity do you have when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, the book you have read is usually You Are What You Eat Box Set: Simple Ways to Avoid Processed Foods and Make Your Food as Your Medicine (Clean Eating & Food Medicine).

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