



You Are What You Eat: Making Your Food as Your Medicine to Prevent Common Health Problems (Natural Healing & Clean Eating)

Naomi Rowe

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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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