



Clean Eating: If You Thought What Clean Eating Was.Wait Until You Read This Book (Paperback)

By Heath Emerson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Definitive Guide to Clean Eating If You Thought What Clean Eating Was.Wait Until You Read This Book About the Book: Clean Eating There are probably hundreds and hundreds of diets out there. Maybe even thousands. From promoting drinking nothing but lemon juice to promoting eating nothing than cabbage soup, you ve probably seen it all. Magic pills and magic potions, magic products working out instead of you, magic formulae according to which you can eat everything and lose weight as well - all these things are somehow part of our daily lives, surrounding us and intoxicating us with information that is just not what it should be. On paper, they all make sense. Count your calories, count your points, count your carbs. Eat just meat one day and then just potatoes the other day. Eat just soup. Drink just water. All these ridiculous diets actually make sense when they are on paper and they can actually convince you that this time you have found the perfect diet. And yet, when they come into practice, these diets stop...



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