



Vitality & Diet Detox Recipes: A Beginner's Guide to Unprocessing Food & Eliminating Gluten & Sugar (Everyday Basic Foods) (Volume 1)

Victoria Pink

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Establish healthy boundaries with your food for blissful food relationships & also increase your life force! Say goodbye to sugar & gluten. This book is a beginner's guide to enjoying your favorite basic non-processed foods. Most people recognize it is better for them to stay away from processed foods for overall better vitality. Many processed foods contain additives & sugar. It is everywhere. The worst foods you can eat include: aspartame, hydrogenated oils & fats, white sugar, high fructose corn syrup, nitrites, white flour, artificial flavors/ colors & msg. Reducing these additives has been shown in certain people to help boost your energy, aid with diabetes, autoimmune problems & food allergies, etc. I also personally lost weight this way. Plus, they taste really yummy! Here are the categories in this book: Dressings & Sauces Dips & Salsas Sides & Salads, Main Dishes

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