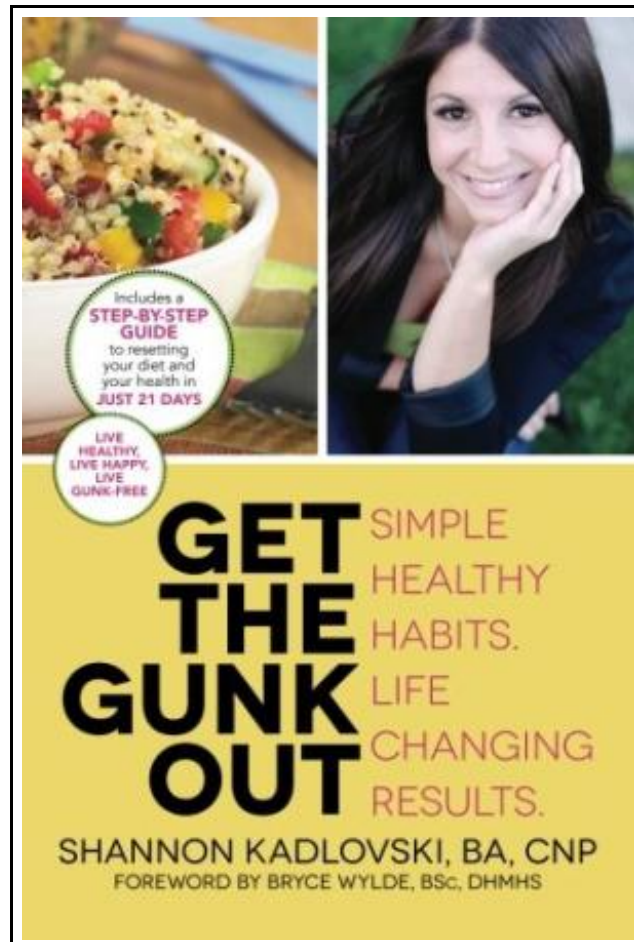


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Filesize: 2.15 MB

Reviews

Comprehensive guideline! Its such a good read through. It is actually writter in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

(Lonzo Wilderman)

GET THE GUNK OUT: SIMPLE HEALTHY HABITS. LIFE CHANGING RESULTS.



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 268 pages. Dimensions: 8.9in. x 5.9in. x 0.7in. A complete, realistic, and effective guide to eating great, looking great, and feeling great, with ease. There is truly something here for everyone looking to achieve optimal health. Bryce Wyld, Alternative Health Expert. BSc, DHMHS, Author of Wyld on Health. Using the facts, tips, and recipes in this book, I am able to make smart lifestyle choices that work for me. Julia Suppa, Television Host and Producer - Rogers TV. In this book, Certified Nutritionist Shannon Kadlovski reveals secrets about twenty-one simple habits that will enable you to sustain a healthy lifestyle long-term. You will learn how to eat healthy without breaking the bank, how to effectively eliminate the stress and confusion that is often associated with healthy living, and learn how to look and feel amazing without ever counting calories or grams of fat - even with a busy, hectic lifestyle. As a former unhealthy, junk-a-holic, Shannon understands what its like to be overweight, tired, and fearful. Her personal struggles with debilitating anxiety, chronic fatigue, and irritable bowel, leading up to her now healthy and vibrant life, is what drives Shannon to empower others to make positive changes in their own lives. Complete with Shannons inspiring and lighthearted approach, Get the Gunk Out is exactly what you need to achieve your health goals. Its not about being perfect or drastically changing your whole life in one day, but rather slowly introducing healthy diet and lifestyle habits into your routine. This book allows you to make choices that suit your specific needs. Whether you currently follow a healthy diet, or have bags of fast food wrappers trapped under the front seat of your car, this book will provide...



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