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Just Eat It: How to Ditch the Green Smoothies Juice Fasts, Heal Your Gut and Enjoy Eating Again (Paperback)

By Joey Litt

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.End Digestive Suffering Today If you ve been through digestive hell, you know it s no picnic. Bloating, gas, constipation, acid reflux.it may have gotten so bad that you re afraid to eat anything at all, but there is hope. Learn the secrets of digestive health, which are probably simpler (and more enjoyable!) than you ve been lead to believe. Author Joey Lott has been through it all himself, trying a myriad of diets, cleanses, and protocols before finally discovering what works. And now he s sharing his secrets with you. There really is a solution to your suffering, and it doesn t involve diets, pills, doctors, or surgery. Put an End to Restrictive Diets Have you gone low-carb, thinking it would heal your digestion? Maybe you ve gone gluten-free or vegan. Maybe you ve cut out sugar out of fear (or even a diagnosis) of Candida overgrowth but found you just couldn t stick with it or you actually felt worse. Just Eat It reveals the surprising truth about restrictive diets and their real effect on digestive...



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Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

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Certainly, this is actually the best function by any article writer. It is actually writter in straightforward words and never confusing. Your life period is going to be convert once you total looking over this ebook.

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