



Whole Foods Diet Phenomenon Plant Based Diet 101

By Cathy Wilson

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 62 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Whole Foods Diet Phenomenon: Plant Based Diet 101 by Cathy Wilson introduces the common sense, practical, time proven, fat zapping, all natural, mental sharpening, disease fighting and purely energizing concept of whole food eating. Whole Food Eating IS great health, from the inside out! Whole food eating benefits you mentally, physically and emotionally by: Increasing Energy Zapping Fat Fast Deterring Disease Decreasing Aches and Pains Improving moods Leveling Blood Sugars Increasing Optimism . . . and so much more! Wilson digs deep into essential macronutrients and micronutrients, unscrambling which foods provide what and she also brings clarity to all the conflicting information about what you should be eating and why and also reveals why your body is designed for physical and how to make it happen sensibly. Whole foods and eating a plant based diet is what you need for your optimal health and Cathy Wilson delivers all you need to know in this powerful book of information. Wilson provides the tools and know-how to take action so you can build your body lean and strong, free of disease and...



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