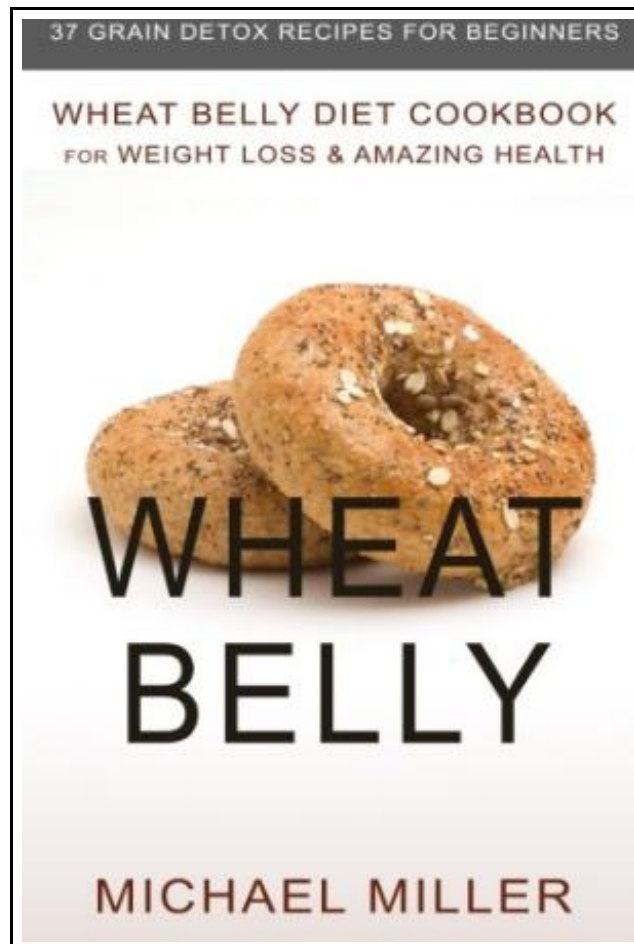


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Many of us wonder how we can find an effective and healthy way to lose weight and feel better. We have tried all the diet trends. They have left us feeling hungry and resentful. Learning to find the foods that lead to this dietary choice can be difficult at first. After all, eating is a habit that most people really don't think much about. Breaking our old dietary habits and creating new ones can be time consuming and difficult. Learning to eat in a different fashion takes some time and thought to accomplish. Many of us are convenience eaters. If it looks good and it's easy to prepare, then it will do just fine. However, the problem with convenience food is that it often lacks the nutrients needed in order to give your body the energy it needs to work at its best. Preparing healthy meals can take time. Dieting is tough. Even if you're doing a fad diet, you are totally changing how you eat and how you work out. This puts a strain on your daily routine and schedule. We are resistant to change. However, knowing the possible benefits of changing the way you eat and the amounts of activity that you receive really are attractive. In the end, we all want to look like that supermodel who graces the front page of the magazine. Any diet is a change to your life. The Wheat Belly Diet is no different. While it's focused on a lifestyle change rather than doing the routine for a while and stopping, it still takes some time and commitment to make it work properly...



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