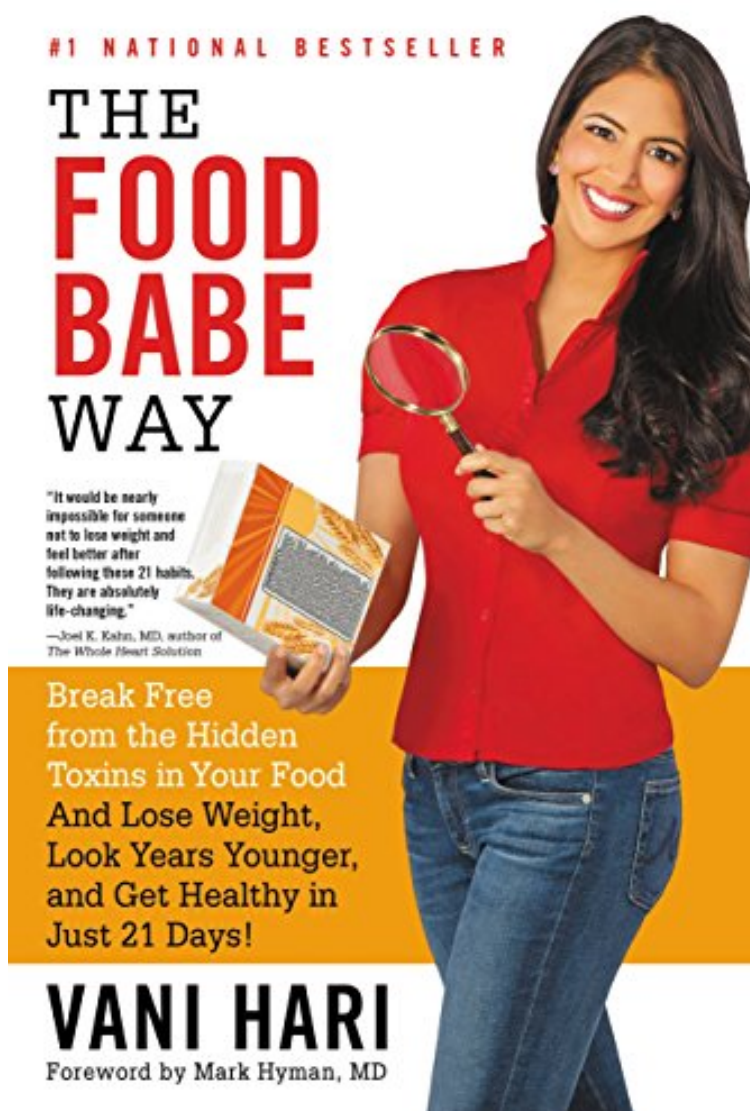


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The Food Babe Way: Break Free from the Hidden Toxins in Your Food and Lose Weight, Look Years Younger, and Get Healthy in Just 21 Days! (English Edition)



Par Vani Hari

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Description :

Prsentation de l'diteurPlease note that the following description is provided by the author/publisher of this title and presents the subjective opinions of the publisher/author, which may not be substantiated. The

description does not express the views of .The author/publisher writes:A #1 National Bestseller. Cut hidden food toxins, lose weight, and get healthy in just 21 days.Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time.Luckily, Vani Hari - aka the Food Babe - has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In THE FOOD BABE WAY, Hari invites you to follow an easy and accessible plan to rid your body of toxins, lose weight without counting calories, and restore your natural glow in just 21 days. Including anecdotes of her own transformation along with easy-to-follow shopping lists, meal plans, and mouthwatering recipes, THE FOOD BABE WAY will empower you to change your food, change your body, and change the world.Revue de presse"Vani Hari is a crusader for truth in what we eat and drink. She turns her in-depth food investigations into a practical, easy-to-follow plan that will have you feeling and looking your best in no time."Frank Lipman, MD, author of The New Health Rules"Read this book and you will never think about food, your health, or the world in the same way again. And we will all be better off for it."From the foreword by Mark Hyman, MD, author of The Blood Sugar Solution 10-Day Detox Diet"Vani Hari is a fierce protector of our health and well-being and millions will benefit from her heroic deeds. It would be nearly impossible for someone not to lose weight and feel better after following these 21 habits. they are absolutely life changing and I recommend them to my patients and students of medicine."Joel Kahn MD, FACC, clinical professor of medicine, Wayne State University School of Medicine, and author of The Whole Heart Solution"There's a reason big food companies are terrified of Food Babe. She finds out the truth about what's in your food like no one else, and holds food manufacturers accountable when they're selling you food products they know will make you sick. Now, in this fabulous book, she shows you how to be your own food investigator, activist, and nutritionist. She shows you how to get rid of polluting foods and replace them with ones that are truly healthy. Follow her plan and your life will be more vibrant, more beautiful, and more powerful."John Robbins, author of Diet for a New America and The Food Revolution"In this book, Vani Hari uncovers secrets about ingredients the food corporations don't want you to know. Which is why they are asking their crisis-management teams right now: Can this woman be stopped? Good luck with that."Ken Cook, president of the Environmental Working Group"The Food Babe is a one woman consumer protection agency... If you want to bring transparency to our food system and improve the health and well-being of our fellow Americans then you need to join this movement. "Congressman Tim Ryan"Vani Hari is a fearless leader in a new food revolution. I'm in awe of her commitment to heal the world one bite at a time. In her book, The Food Babe Way, Vani wakes us up to the truth about our food, our health and our future. I recommend this book to everyone!"Gabrielle Bernstein, author of Miracles NowPresentation de l'diteurPlease note that the following description is provided by the author/publisher of this title and presents the subjective opinions of the publisher/author, which may not be substantiated. The description does not express the views of .The author/publisher writes:A #1 National Bestseller. Cut hidden food toxins, lose weight, and get healthy in just 21 days.Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time.Luckily, Vani Hari - aka the Food Babe - has got your back. 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