



Clean Food Recipes to Detox and Lose Weight: Over 50 Recipes to Help You Lose Weight, Feel Great and Live Your Best Life!

By Shae Harper

Createspace, United States, 2013. Paperback. Book Condition: New. 234 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.Toxins are found in the food we eat, the water we drink, and the air we breathe. Our digestive system works to help eliminate toxins from the body, but if our digestion is impaired or sluggish, our toxic load can reach a level where we begin to develop symptoms of illness, such as headaches, joint pain and lack of energy, which can lead to more serious illnesses in the future. The health of our skin, hair, and nails is also affected. Eating a diet that is low in foods regarded to be the most toxic and inflammatory - sugar, soy, dairy, corn, gluten, and all processed foods - and high in fresh fruits and vegetables, whole grains, and clean proteins (and therefore high in fiber, vitamins, and minerals) allows the digestive system to perform better in clearing out toxins. The clean eating recipes in this book are created using various Superfoods. Superfoods pack a punch nutritionally and are an easy way to get amazing, nutritionally rich food into your diet. Some of the many benefits you can receive...



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