



Gluten, Sugar, Starch: How to Free Yourself from the Food Addictions That Are Ravaging Your Health and Keeping You Fat - A Paleo Approach

By Eric Morrison

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Detoxify from your food cravings. Cleanse yourself of your food addictions and eliminate overeating. Heal yourself without any medications. Permanent recovery is possible. By marrying the very best elements of wheat-free and gluten-free eating, intermittent fasting, ketogenic (keto) diet plans and other LCHF diets with the basic tenets of paleo-style eating, "Gluten, Sugar, Starch" presents an easy to follow guide for you to kick binge eating to the curb, forever. It is a systematic, step-by-step plan for you to recover from the horrible effects that toxic and addictive elements in our everyday food have had in making you feel miserable without knowing why. It approaches the subject of regaining one's optimum health in a very motivational way by not expecting those who practice it to drop everything in their diet that they currently live on and love all at once. By understanding that nearly all processed foods create drug-like dependency, Eric Morrison argues it will take time to arrive at healthy eating habits. It won't happen until the foods that have you hooked...



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