



Designed 2 Eat: The Ultimate Guide to Overall Health for Life

By Scott Oteri

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you ready to feel great? If you're looking for the solution to lose weight, feel healthy, and eat properly, then look no further! You have just found the ultimate diet guide. I promise that this amazing whole foods plant based diet book will absolutely change your life. It covers a bit of everything from nutrition, to diet and fitness. All of the foods suggested here are backed by scientific data that has proven the effects of healthy eating on the body. Not only will you receive the adequate amount of food on a whole foods plant based diet, but you'll also eat a wide range of delicious foods that promote health and well-being. Wondering what a whole foods plant based diet is? It's the most natural diet on the planet that humans have followed for thousands of years. You'll start by eliminating the fats, sugars, and processed foods from your diet. Then you'll focus on only eating foods that are nutrient rich and fight disease and illness. You have the freedom to...



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