



## Food Awakening: Nutrition for NOW

*Julie Silver*

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Food Awakening – Nutrition For NOW – Change Your Food - Change Your Life 'Food Awakening will empower you to be healthier and stay true to who you are. I love this book - It has great spirit as does its author'. Barefoot Doctor Do you want to lose weight? heal an illness?, look and feel great? increase your energy and vitality? If you would like to live a happier, healthier and more fulfilling life then this book is a must read. This life changing book unlike other diet and nutrition books is about finding out the optimum nutrition that is right for you NOW! Forget what you have read, heard or been told, as this will be somebody else's truth. It is about YOU now – so trust your instincts and feel your way through this book, there are no rules, no right or wrongs only what is right (and good!) for YOU! So relax, let go of past conditioning, go with the flow and be inspired by The Vitality Fairy! Tired of trying every diet and healthy food option only to fail when all you really want to do is lose weight and keep it off? Maybe you have already tried the paleo diet, dukan diet, gluten free diet, wheat free diet, low gi diet, Atkins diet, wheat belly, 5 2 diet, diet chef etc and maybe they havn't worked for you. Food Awakening is not about preaching to you and telling you what you are doing wrong. It is an empowering and inspiring guide to let you see how you can 'have your cake and eat it' and feel good too. In this groundbreaking book Julie Silver aka "The Vitality Fairy" takes you on a journey and shows you how to re-evaluate what you eat and your relationship with food to improve your health, your digestion, your skin, your energy levels and vitality. As the old saying goes, you really are what you eat! Many of the medical problems and conditions that millions of people suffer from particularly in the western world are often not unavoidable medical conditions at all but rather our body's reaction to some or all of the ingredients present in most processed foods. These ingredients range from being unhealthy to actually harmful. Julie reveals how you are being lied to by the profit hungry multi-trillion dollar food industry and the equally profit hungry diet industry whose only concern is for profit and NOT for your health your weight and well being. Many of the so called healthy options and low fat options on the market are not all that they seem and most are certainly not in the least bit healthy for you. Julie offers many natural alternatives to the problem causing foods and explains how your own body instinctively knows what is best for it. Tired of the usual diet cook books and diet books for weight loss? this book is packed with tasty nutrition recipes and lose weight recipes that are quick and easy to make and use tasty natural ingredients that many of you may not have considered (or even heard of!) before. Forget weight loss tablets and weight loss pills, begin your journey and lose weight fast with Julie's healthy recipes and learn how to lose weight without dieting or working out. Click on "Look Inside" to get a full breakdown of what you will learn from each life changing chapter in this book.

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