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Get the Gunk Out: Simple Healthy Habits. Life Changing Results.

By Shannon Kadlovska

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 268 pages. Dimensions: 8.9in. x 5.9in. x 0.7in. A complete, realistic, and effective guide to eating great, looking great, and feeling great, with ease. There is truly something here for everyone looking to achieve optimal health. Bryce Wylde, Alternative Health Expert. BSc, DHMHS, Author of Wylde on Health. Using the facts, tips, and recipes in this book, I am able to make smart lifestyle choices that work for me. Julia Suppa, Television Host and Producer - Rogers TV. In this book, Certified Nutritionist Shannon Kadlovska reveals secrets about twenty-one simple habits that will enable you to sustain a healthy lifestyle long-term. You will learn how to eat healthy without breaking the bank, how to effectively eliminate the stress and confusion that is often associated with healthy living, and learn how to look and feel amazing without ever counting calories or grams of fat - even with a busy, hectic lifestyle. As a former unhealthy, junk-a-holic, Shannon understands what it's like to be overweight, tired, and fearful. Her personal struggles with debilitating anxiety, chronic fatigue, and irritable bowel, leading up to her now healthy and vibrant life,...



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