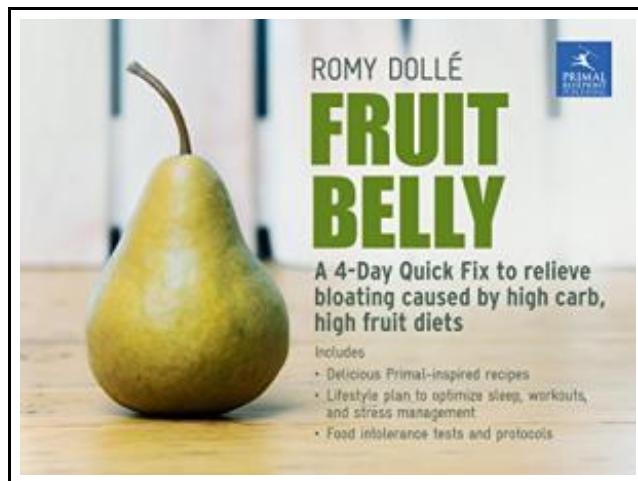


Fruit Belly: A 4-Day Quick Fix to Relieve Bloating Caused by High Carb, High Fruit Diets (Hardback)



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(Derick Brekke)

FRUIT BELLY: A 4-DAY QUICK FIX TO RELIEVE BLOATING CAUSED BY HIGH CARB, HIGH FRUIT DIETS (HARDBACK)

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Primal Nutrition, United States, 2015. Hardback. Book Condition: New. 218 x 157 mm. Language: English . Brand New Book. The title of Swiss author Romy Dolle's, *Fruit Belly*, refers to abdominal bloat often accompanied by digestive distress; a common result of some basic dietary misconceptions in many fast-track, low-fat, weight loss plans. With well-defined, easy to ingest information about how the body actually breaks down and distributes fats and nutrients, *Fruit Belly* provides a clear 4-Day Quick Fix plan to not only relieve any existing abdominal distress, but help re-set the metabolism and reawaken the body's natural desire for the kinds of real food it wants and needs to function at its best while still losing unwanted pounds. *Fruit Belly* outlines the fundamental advantages of combining a Primal/paleo style diet with a well-rounded exercise routine for a balanced, non-aggressive approach to weight loss that's suitable to even the busiest modern lifestyle. The book's 4-Day Quick Fix program provides menu guidelines for breakfast, lunch, and dinner (including between meal snacks!) and lots of quick and tasty recipes with affordable and easily accessible ingredients. Common misconceptions about the distribution of fat and muscle weight are also addressed, and a photo-illustrated roster of simple core-strengthening stretches and exercises that can be done almost anywhere is included. Moreover, the book explains in basic terms and beautiful graphics how the human body digests and distributes the nutrients in the foods we eat; how our metabolism becomes quickly and chronically addicted to sugar (which includes fruit and carbohydrates); and the bio-chemical connection between mind and body that drives our sense of hunger and satiety. *Fruit Belly* provides a comprehensive and holistic solution to counter the crash-course weight loss approach - and puts you back on the path to a healthful and more...



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