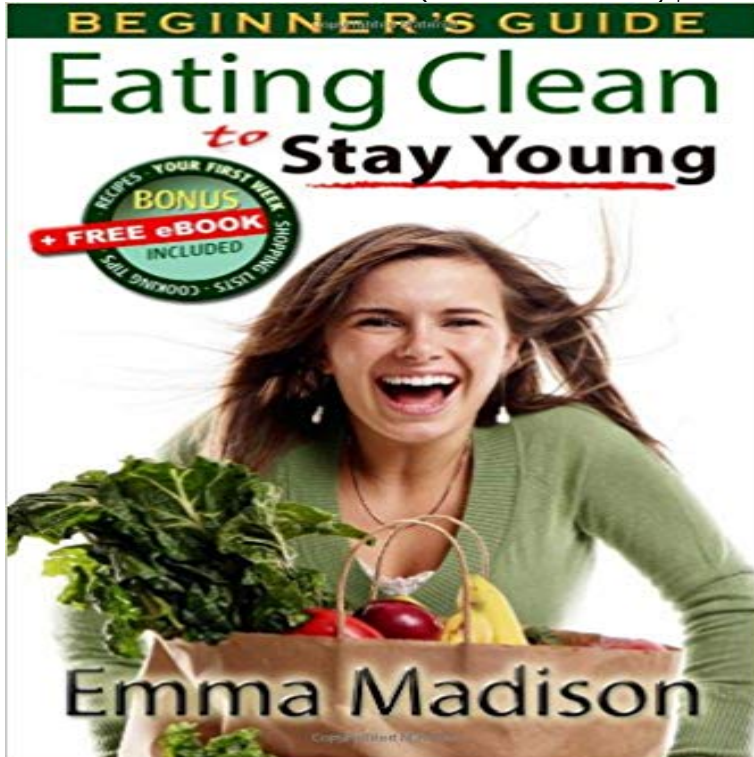


Eating Clean to Stay Young: for Youthful Energy, Ideal Weight and Disease-Free Health (Clean Eating Today)



-----Over 100 pages packed with facts and tips - PLUS FREE Bonus First Week Recipe Guide Included!----- If you feel you're running low on energy, carrying too much weight and your health is suffering - odds are you are eating yourself old. Emma Madison shows you exactly how to turn your life around and insulate your body from harmful additives and health wrecking eating habits that are pushing you to an early grave. Learn how easily you can shift your thinking to quickly and safely strip off your extra weight and regain your youthful energy and general health. No dieting, no starving, no crazy exercise routines - just revive your natural love of healthy foods. Simple shifts in the way you look at your food, how you choose it, how you cook it and how you enjoy it. No fanatical revolutions - only small adjustments that make the big differences. See how to adjust as and when you are ready; because every improvement is a great improvement. When you gain improvements, you feel energized to keep going and not slip back to the life you WANT to leave behind. You will see a big difference in your first week and that's why you get the best hand-holding First Week Recipe Guide. It's so much more than recipes; even if you've never cooked before, the Guide takes you from start to finish through your first week with nothing left out. Prepare your meals quickly and easily and know they will taste great. Add flavor and variety to your clean eating meals with small, proven twists. Slash your risk of cancer, diabetes, and other health problems. Grab Your Bonus: Free access to the full color First Week Recipe Guide - your first week of tips and recipes in a format you can print out and actually use right now! Find out how to stay young and vibrant for a long time - out of hospitals and wheelchairs. This book shows you exactly how to live and love the life your body was made to enjoy. For better health

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