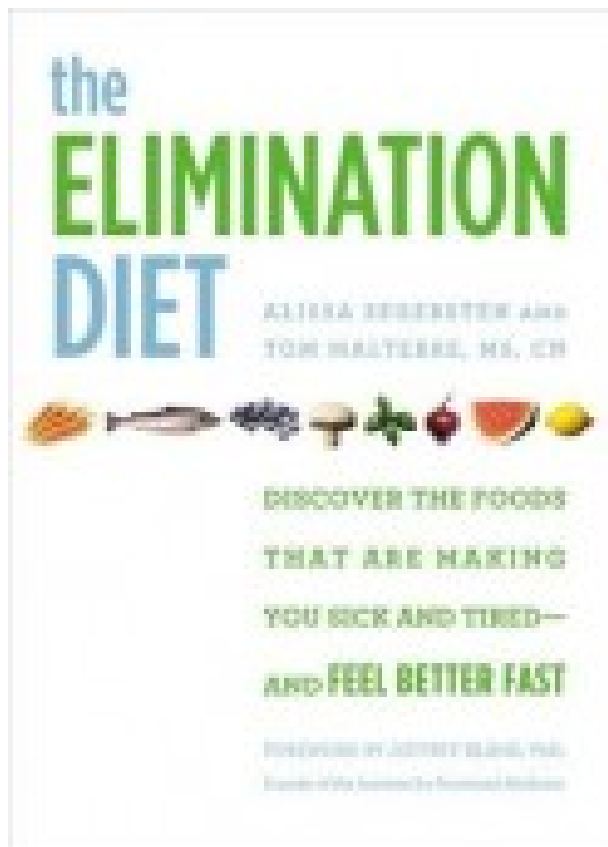


The Elimination Diet



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| Forfatter: | Alissa Segersten og Tom Malterre |
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[The Elimination Diet.pdf](#)

[The Elimination Diet.epub](#)

This proven 28-day elimination and detoxification program helps readers identify the most common irritating food that are likely contributing to their decline in health including gluten, dairy, soy, and processed foods. The program begins with a 2-day smoothie fast that will calm the immune system and clear out the gut. Phases one through three of the program offer clear instructions regarding what foods to include in the diet for optimal results and how to slowly add foods back to determine which ones are irritating the body. Complete with more than 125 delicious recipes as well as helpful case studies, THE ELIMINATION DIET will guide readers on a path to increased energy, calm bowels, improved mood, clear skin, a sharpened mind, reduced pain and headaches, and movement toward a whole foods diet.

Poteten ble først introdusert i kostholdet en gang på 1600-tallet, og raffinert sukker var en luksusvare nesten helt fram til midten av forrige århundre. Oversiktsartikkel - Dysfagi er vanskeligheter med å svelge mat eller drikke og er en ubehagelig følelse. Kronisk nyresykdom - symptomer og tegn Fordi nyrene utfører så mange funksjoner for kroppen, kan nyresykdom påvirke kroppen på en lang rekke måter.