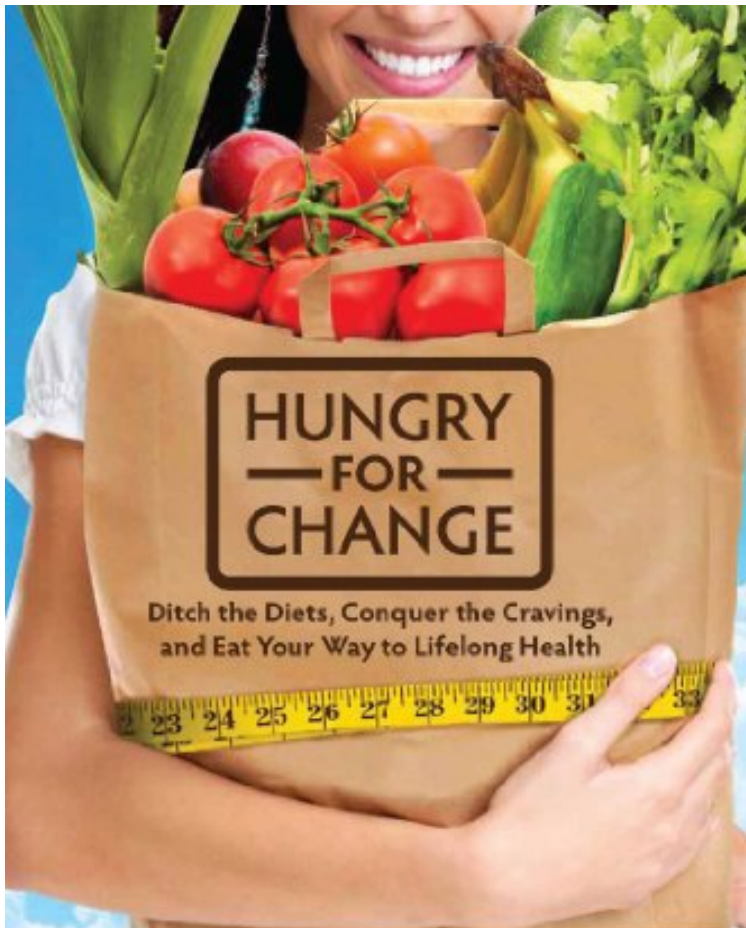


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Hungry for Change (Enhanced Edition): Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health



FOREWORD BY MARK HYMAN, M.D.

JAMES COLQUHOUN AND LAURENTINE TEN BOSCH
Producers of *FOOD MATTERS* and *HUNGRY FOR CHANGE*

E N H A N C E D E D I T I O N

Par James Colquhoun, Laurentine ten Bosch, Mark Hyman

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#316408 dans eBooksPubli le: 2012-10-02
Sorti le: 2012-10-02Format: Ebook
Kindle

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Description :

Prsentation de l'diteurHungry for Change the enhanced edition contains 8 exclusive videos featuring additional footage from James Colquhoun and Laurentine ten Bosch's original documentary. In these videos you'll find firsthand advice from nutrition and health specialists on how to solve "the diet problem", getting rid of toxins, fixing your digestive system, eating the foods you love in a healthy way and more timely health issues.Pioneers in the field of nutrition and internationally renowned filmmakers, James Colquhoun

and Laurentine ten Bosch join with leading experts to offer proven strategies to lose weight, prevent and reverse disease, and optimize health. With Hungry for Change you'll discover: Amazingly delicious, nutritious recipes for breakfast, lunch, dinner, snacks, and desserts How to navigate your supermarket: what to buy and what to avoid The real truth behind DIET, SUGAR-FREE, and FAT-FREE products How to overcome food addictions and cravings Why fad diets don't work How to read labels and what food additives to avoid The most effective detox and cleansing strategies How to eat for clear eyes, glowing skin, and healthy hair Providing practical solutions, Hungry for Change shows that your health is in your hands and that you can escape the diet trap forever. Experts from the field of medicine and nutrition plus transformational stories from those who know what it's like to be sick and overweight give us the tools and inspiration we need to begin our journey toward health today. Hungry for Change will help boost your energy levels, strengthen your body, and make you look and feel better every day for the rest of your life. Please note that due to the large file size of these special features this enhanced e-book may take longer to download than a standard e-book.

Revue de presse Hungry for Change breaks through the confusion with a very simple idea. Our bodies were designed to run on real food. Our natural default state is health. I hope Hungry for Change is the start of a true food revolution. (Mark Hyman, MD, author of The Blood Sugar Solution) Hungry for Change proves that no matter where you start, anyone can achieve lasting health and vitality. This book will not just inspire you-it will offer proven strategies that deliver long-term results. (Tony Robbins, world-renowned peak performance expert) Presentation de l'auteur Hungry for Change the enhanced edition contains 8 exclusive videos featuring additional footage from James Colquhoun and Laurentine ten Bosch's original documentary. In these videos you'll find firsthand advice from nutrition and health specialists on how to solve "the diet problem", getting rid of toxins, fixing your digestive system, eating the foods you love in a healthy way and more timely health issues. Pioneers in the field of nutrition and internationally renowned filmmakers, James Colquhoun and Laurentine ten Bosch join with leading experts to offer proven strategies to lose weight, prevent and reverse disease, and optimize health. With Hungry for Change you'll discover: Amazingly delicious, nutritious recipes for breakfast, lunch, dinner, snacks, and desserts How to navigate your supermarket: what to buy and what to avoid The real truth behind DIET, SUGAR-FREE, and FAT-FREE products How to overcome food addictions and cravings Why fad diets don't work How to read labels and what food additives to avoid The most effective detox and cleansing strategies How to eat for clear eyes, glowing skin, and healthy hair Providing practical solutions, Hungry for Change shows that your health is in your hands and that you can escape the diet trap forever. Experts from the field of medicine and nutrition plus transformational stories from those who know what it's like to be sick and overweight give us the tools and inspiration we need to begin our journey toward health today. Hungry for Change will help boost your energy levels, strengthen your body, and make you look and feel better every day for the rest of your life. Please note that due to the large file size of these special features this enhanced e-book may take longer to download than a standard e-book.