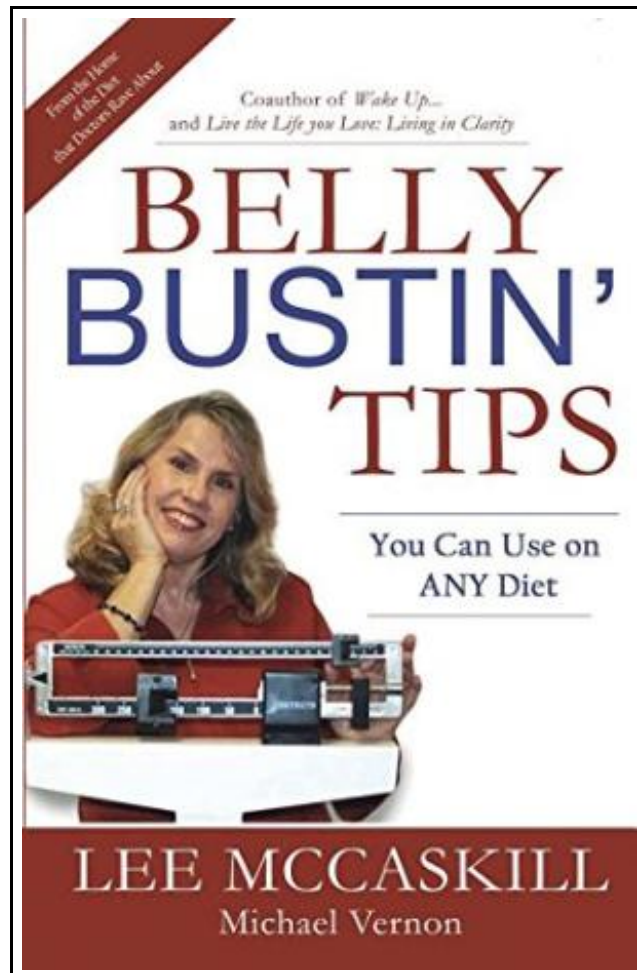


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Quails Nest Publishing, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Belly Bustin Tips You Can Use on ANY Diet, is a book that changes the way you think about dieting forever, no matter what nutritional plan you follow, whether it is Low Carb, Gluten-Free, Paleo, or the Mediterranean diet. Not only does it address the physical side of losing weight, it also addresses the emotional side of dieting. If you lose weight and fix the physical but don't fix the emotional problem, guess what happens? You gain it right back! On the physical side, learn how to: 1) Ignite your metabolism find out what slows it down, 2) Charge through mental physical challenges of plateaus, 3) Bust common diet myths that are holding you back, 4) Determine if your thyroid test may be inaccurate 5) Get specific advice about handling holidays, food allergies, Irritable Bowel Syndrome, and eating fats. On the emotional side, find out how to: 1) Establish boundaries and relinquish control, 2) Keep your anger from dictating your waistline learn if you are hungry or hangry, 3) Make relaxation and stress relief a rhythm in your life-even in times of loss, 4) Keep promises to yourself develop unshakeable self-esteem, 5) Develop a lifelong strategy for your nutrition without S.O.S (Shiny Object Syndrome), jumping from plan to plan. PLUS, the book includes a microbiologist's point of view on why you should think twice before jumping into the hCG diet or a Gluten-free diet that may not be right for you. The book also features a Glycemic Index Chart, a FODMAP Diet for IBS, powerful affirmations, scrumptious recipes, creative ideas for substitutions, and much, much more! Research microbiologist and author, Lee McCaskill, was plagued with a series of health problems that...



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