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## The Real Food Reset: 30 Days to Lose Weight, Kick Cravings Feel Great!: Get in Touch with Your Primal Instincts, Detox Your Body, and Cleanse Yourself of Cravings, All with Real Food! (Paperback)

By Roland Denzel, Galina Denzel

Fit Ink Publications, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The REAL FOOD Reset - The Amazon Kindle Bestseller, now in paperback! ``All too often, our Standard American Diet leaves us overfed but undernourished; Roland and Galina Denzel have written a concise but powerful guide to improving your life with nature's most powerful medicine - Real Food.`` - Wendy Welch, MD` You need to read this new book because: you are tired of being overweight you are fed up with cravings you are done letting food rule your life you need to get healthy NOW! `Our energy levels are through the roof, no more crashing in the afternoon, I have lost 12 pounds, our sleep has improved, we are able to be more active and have noticed we don't have to eat as much during the day. We plan to continue this after the 30 day challenge!` - Rosie and Sean, 30 years old We launched our 30 Days of Real Food program on our website in January, and testimonials started coming in within a week - pain gone, energy returning, skin clearing, digestion...



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