



Get the Gunk Out: Simple Healthy Habits. Life Changing Results.

Shannon Kadlovski

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Get the Gunk Out: Simple Healthy Habits. Life Changing Results. Shannon Kadlovski

A complete, realistic, and effective guide to eating great, looking great, and feeling great, with ease.

“There is truly something here for everyone looking to achieve optimal health.” – Bryce Wylde, Alternative Health Expert. BSc, DHMHS, Author of Wylde on Health.

“Using the facts, tips, and recipes in this book, I am able to make smart lifestyle choices that work for me.” – Julia Suppa, Television Host & Producer - Rogers TV.

In this book, Certified Nutritionist Shannon Kadlovski reveals secrets about twenty-one simple habits that will enable you to sustain a healthy lifestyle long-term. You will learn how to eat healthy without breaking the bank, how to effectively eliminate the stress and confusion that is often associated with healthy living, and learn how to look and feel amazing without ever counting calories or grams of fat - even with a busy, hectic lifestyle.

As a former unhealthy, junk-a-holic, Shannon understands what it's like to be overweight, tired, and fearful. Her personal struggles with debilitating anxiety, chronic fatigue, and irritable bowel, leading up to her now healthy and vibrant life, is what drives Shannon to empower others to make positive changes in their own lives.

Complete with Shannon's inspiring and lighthearted approach, "Get the Gunk Out" is exactly what you need to achieve your health goals. It's not about being perfect or drastically changing your whole life in one day, but rather slowly introducing healthy diet and lifestyle habits into your routine. This book allows you to make choices that suit your specific needs.

Whether you currently follow a healthy diet, or have bags of fast food wrappers trapped under the front seat of your car, this book will provide you with essential tools to living a happy, healthy, gunk-free life.

12 ways "Get the Gunk Out" can change your life:

- Decreased gas and bloating, decreased heartburn and abdominal pain, and proper bowel movements
- Improved immune function
- Increased energy
- Improved mood
- Weight loss
- Clearer skin
- Better sleep
- Reduced stress and anxiety
- Headache relief
- Decreased cholesterol
- Reduced inflammation
- Disease prevention and improved overall health and well-being

This book includes:

- Sample menus and meal options

- Grocery lists (including brand names)
- Delicious gunk-free recipes
- Tips for understanding product labels
- Tips for dining out
- Healthy alternatives to conventional foods
- A step-by-step guide to resetting your diet and your health in just 21 days

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Marian Knight:

A lot of people always spent their particular free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spent all day every day to reading a publication. The book Get the Gunk Out: Simple Healthy Habits. Life Changing Results. it is extremely good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. If you did not have enough space bringing this book you can buy the actual e-book. You can m0ore simply to read this book through your smart phone. The price is not too costly but this book provides high quality.

Stacie Schneider:

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