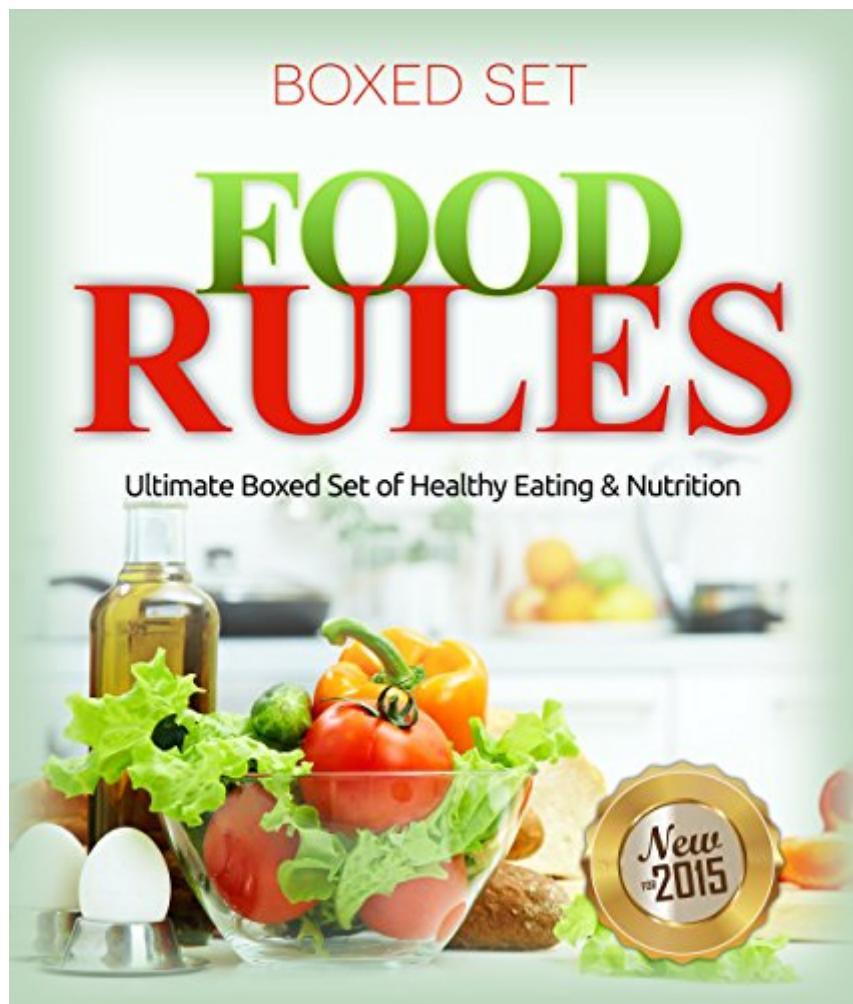


The book was found

# Food Rules: Ultimate Boxed Set Of Healthy Eating & Nutrition: Detox Diet And Superfoods Edition



## **Synopsis**

This boxed set covers information on improving your health and general wellness by avoiding dangerous foods, choosing foods that will help detox your body naturally and choosing foods that will help with digestion.

## **Book Information**

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## **Customer Reviews**

This is a set of three books which in general words discuss about food rules and the proper way to eat healthy for long life centered on nutrition and detoxing our bodies from unhealthy foods and processed foods. On the 1st book "Food Rules for the Right Diet: The Simple Guide for a Healthy Life", written by author Jason Craig, is a good lecture on easy ways about how to eat right for a long and healthier life. According to the author the knowledge contained in this book is based on experiences and proven results on which it is reviewed a set of general rules for the right diet. You will understand the dangers of genetically engineered foods and how it reacts inside our bodies (genetically and biologically speaking), you will learn about the deadliest ingredients that may be contain in certain types of food; and you will also learn about detox process for your stomach and

kidneys. On the final pages you will find tips for a healthier way of living among other important comments from the author. The 2nd book "35 Shades of Sinfully Healthy Recipes" •, written by author Sandy Considine is absolutely fabulous. It contains nutritional science about foods, includes a list of the best choices for eating and also what you should better avoid to eat (which means as the do's and do not's on a healthy meal). Several recipes, along with excellent pictures, you will find that are based on the advice given on this book. Finally, you will learn how to judge about good ingredients like best oil to use, how to choose good eggs, etc. The 3rd Book "Cooking your Way to Good Health: Getting Healthy the Right Way" • is majorly focused around eating properly as a way to detox your body.

This item actually contains multiple books. What a deal! I didn't realize that at the time of purchase. They each are centered around nutrition and detoxing our bodies from unhealthy, processed foods. Overall this book is an easy and quick read to gain better insight on healthier dieting. I've written my review about each book below:

**THE SCIENCE:** The first book explains much of the science behind the certain foods we eat. If you can get past the complex first chapter on Jason Craig's argument for genetically modified foods, the rest of the chapters are much easier to get through. It was very interesting to learn what was going on inside our bodies from a biological and anatomical standpoint. There is so much hype today on gluten-free, nonGMO, organic foods but this book actually takes the time to explain the WHY. I love the practical detoxes in Chapter 4 that we can use to rebuild our kidneys, bloodstream, etc. Very interesting and a quick read!

**THE NUTRITION:** The second book was fabulous. Not only does Sandy contain nutritional science about foods, giving you a list of what to eat and what to avoid, but she also includes an entire set of recipes that follow her advice. Entrees, side dishes, salads, spreads, and desserts complete with ingredients, directions, AND photos! She even annotates the dishes with notes from when she cooked it.

**THE DETOX:** The third book seemed the most centered around detoxing your body. It contains a series of different detox diets that are popular, however not all of the detoxes mentioned went into an explanation of its benefits or issues. I enjoyed having the different recipes and instructions for each diet, but it would have been nice to know why that particular diet is used and how it affects your body biologically.

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Food Rules: Ultimate Boxed Set of Healthy Eating & Nutrition: Detox Diet and Superfoods Edition  
Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean

Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Mediterranean Diet: Ultimate Boxed Set with Hundreds of Mediterranean Diet Recipes: 3 Books In 1 Boxed Set Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Superfoods Super Quick: 21 Days of Super Fabulous Superfoods Meal Plans - Free Bonus 100 Paleo Recipes (Ultimate Health and Wellbeing) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Superfoods Recipes: 28 Days Healthy Eating Diet Meal Plan That will Boost Up Your Immunity & Save Your Life! Overeating: How To Overcome Overeating, Food Addiction And

Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving)

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