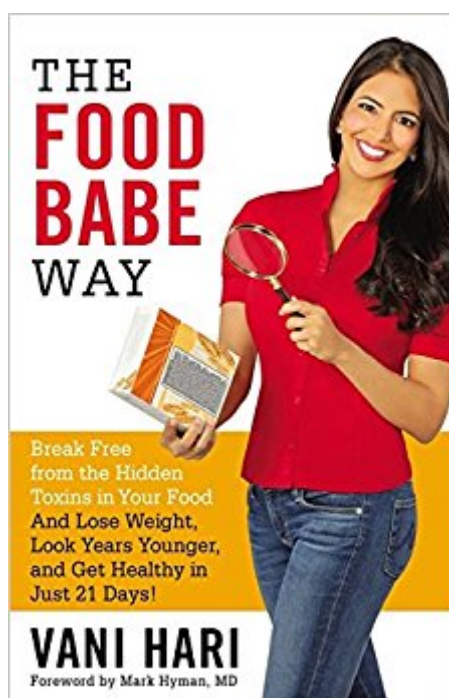


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The Food Babe Way: Break Free From The Hidden Toxins In Your Food And Lose Weight, Look Years Younger, And Get Healthy In Just 21 Days!



Synopsis

A #1 National Bestseller. Cut hidden food toxins, lose weight, and get healthy in just 21 days. Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time. Luckily, Vani Hari - aka the Food Babe - has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In THE FOOD BABE WAY, Hari invites you to follow an easy and accessible plan to rid your body of toxins, lose weight without counting calories, and restore your natural glow in just 21 days. Including anecdotes of her own transformation along with easy-to-follow shopping lists, meal plans, and mouthwatering recipes, THE FOOD BABE WAY will empower you to change your food, change your body, and change the world.

Customer Reviews

"Read this book and you will never think about food, your health, or the world in the same way again. And we will all be better off for it." — From the foreword by Mark Hyman, MD, author of The Blood Sugar Solution 10-Day Detox Diet
"Vani Hari is a crusader for truth in what we eat and drink. She turns her in-depth food investigations into a practical, easy-to-follow plan that will have you feeling and looking your best in no time." — Frank Lipman, MD, author of The New Health Rules

Vani Hari is a food activist and the creator of foodbabe.com. In her work, Hari has influenced how food giants like Kraft, Subway, Chipotle, Chick-fil-A, and Starbucks create their products, steering them toward more healthful policies. She lives in North Carolina and travels around the world to speak about health and food awareness.

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