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Hartwig's powerful 30-day  
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**It Starts With Food - The  
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ways. It Starts With Food will  
show you how. It Starts With Food  
outlines a clear, balanced,  
sustainable plan to change the  
way you eat forever--and



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in profound and unexpected ways. Your success story begins with the Whole30®, Dallas and Melissa Hartwig's powerful 30-day nutritional reset. Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, enhanced quality of life, and a healthier relationship with food—accompanied by stunning improvements in sleep, energy levels, mood, and self-esteem. More significant, many people have reported the “magical” elimination of a variety of symptoms, diseases, and conditions in just 30 days.

diabetes high cholesterol high blood pressure obesity acne eczema psoriasis chronic fatigue asthma sinus infections allergies

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migraines acid reflux Crohns  
celiac disease IBS bipolar disorder  
depression Lyme disease  
endometriosis PCOS autism  
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hypothyroidism arthritis multiple  
sclerosis Now, Dallas and Melissa  
detail not just the “how” of the  
Whole30, but also the “why,”  
summarizing the science in a  
simple, accessible manner. It  
Starts With Food reveals how  
specific foods may be having  
negative effects on how you look,  
feel, and live—in ways that you’d  
never associate with your diet.  
More important, they outline their  
lifelong strategy for eating Good  
Food in one clear and detailed  
action plan designed to help you  
create a healthy metabolism, heal  
your digestive tract, calm

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systemic inflammation, and put an end to unhealthy cravings, habits, and relationships with food. Infused with the Hartwigs' signature wit, tough love, and common sense, *It Starts With Food* is based on the latest scientific research and real-life experience, and includes testimonials, a detailed shopping guide, a meal-planning template, a Meal Map with creative, delicious recipes, and much more.

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forever—and transform your life in profound and unexpected ways. Your success story begins with the Whole30, Dallas and Melissa Hartwig's powerful 30-day nutritional reset. Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, enhanced quality of life, and a healthier relationship with food—accompanied by stunning improvements in sleep, energy levels, mood, and self-esteem. More significant, many people have reported the "magical" elimination of a variety of symptoms, diseases, and conditions in just 30 days. diabetes high cholesterol high blood pressure obesity acne eczema psoriasis chronic fatigue



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asthma sinus infections allergies migraines acid reflux Crohn's celiac disease IBS bipolar disorder depression Lyme disease endometriosis PCOS autism fibromyalgia ADHD hypothyroidism arthritis multiple sclerosis Now, Dallas and Melissa detail not just the "how" of the Whole30, but also the "why," summarizing the science in a simple, accessible manner. It Starts With Food reveals how specific foods may be having negative effects on how you look, feel, and live—in ways that you've never associate with your diet. More important, they outline their lifelong strategy for eating Good Food in one clear and detailed action plan designed to help you create a healthy

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metabolism, heal your digestive tract, calm systemic inflammation, and put an end to unhealthy cravings, habits, and relationships with food. Infused with the Hartwigs' signature wit, tough love, and common sense, *It Starts With Food* is based on the latest scientific research and real-life experience, and includes testimonials, a detailed shopping guide, a meal-planning template, a Meal Map with creative, delicious recipes, and much more.

The New York Times best-selling book, available in paperback for the first time. End the yo-yo dieting cycle . . . forever. Millions of people have successfully completed the groundbreaking Whole30 program and radically

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transformed their energy, sleep, cravings, waistline, and health. But after your Whole30, how do you make sure those new, healthy habits actually stick? In this New York Times best-selling book, available in paperback for the first time, Melissa Hartwig defines "food freedom" as being in control of the food you eat, instead of food controlling you. The Whole30 helps you jump-start the process, but as anyone who's dieted knows, holding on to that freedom and creating healthy habits that last is the hard part. The Whole30's Food Freedom Forever offers real solutions for breaking the cycle of yo-yo dieting and the resulting stress, weight gain, uncontrollable cravings, and

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health complaints. In her detailed 3-part plan, Melissa shows you how to discover food freedom for yourself, no matter how out of control you feel; walk a self-directed path that keeps you in control for months on end; gracefully recover when you slip back into old habits; and create the kind of food freedom that stays with you for the rest of your life. The Whole30's Food Freedom Forever walks you through the Whole30 program and teaches you how customize your reset for improving and stabilizing energy, getting a handle on stubborn sugar cravings, reducing systemic inflammation, and fine-tuning your vegan diet. You'll learn how to spot your specific triggers before they're pulled and new

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strategies for dealing with temptation, strengthening your new healthy habits, and boosting your willpower. Melissa also shares advice for retaining your food freedom during holidays, vacations, periods of life stress, social pressure, and skepticism from friends and family. By the last page, you'll have a detailed plan for creating the perfect diet for you, finding your own healthy balance, and maintaining the kind of control that brings you real food freedom every day.

The best-selling authors of It Starts With Food outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits,

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improved digestion and a stronger immune system.  
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A daily companion to the Whole30 program provides tips, tricks, hacks, and advice to help readers stick with the routine and succeed.

It Starts With Food: by Melissa and Dallas Hartwig | A 15-minute Key Takeaways & Analysis Preview: Co-authors Melissa Hartwig and her husband, Dallas Hartwig, have backgrounds in nutrition and physical therapy. They have used information

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gleaned from their own clinical practices and from studying medical research to design an eating program that will improve participants' energy levels, help them lose weight, and make improvements in their overall general health. Their book, *It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways*, describes their program, the Whole30 and the theories and observations on food and health that led to its creation... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread of *It Starts With Food*:

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regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: \*How to reject diet mentality forever \*How our three Eating Personalities define our eating difficulties \*How to feel your feelings without using food \*How to honor hunger and feel fullness \*How to follow the ten principles of Intuitive Eating, step-by-step \*How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised

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edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

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