

180 Days of Real Food: The Ultimate Guide to Nourishing Your Body and Mind

Are you tired of feeling sluggish, bloated, and run down? Are you ready to make a lasting change to your health and well-being?

180 Days of Real Food is the transformative program you've been waiting for. This groundbreaking book provides you with everything you need to embark on a journey towards optimal health, starting with a 180-day real food challenge.



180 Days of Real Food: Discover the link between Crohn's Disease, Sugar Fermentation, Chronic Inflammation and Premature Aging by Oskar Levsky

★★★★★ 5 out of 5

Language : English
File size : 3036 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 81 pages
Lending : Enabled



What is the Real Food Challenge?

The Real Food Challenge is a 180-day experiment in eating whole, unprocessed foods. During these 180 days, you will eliminate all processed foods, sugary drinks, and unhealthy fats from your diet.

Instead, you will focus on consuming nutrient-rich foods such as:

- Fresh fruits and vegetables
- Lean protein
- Whole grains
- Healthy fats

Why is the Real Food Challenge So Beneficial?

Eating a diet of real food has been shown to have a myriad of benefits for your health, including:

- Improved digestion
- Reduced inflammation
- Increased energy levels
- Improved sleep
- Weight loss
- Reduced risk of chronic diseases

What You'll Learn in 180 Days of Real Food

In addition to the 180-day real food challenge, **180 Days of Real Food** provides you with a wealth of information on:

- The importance of eating real food
- How to make healthy food choices
- The benefits of cooking at home

- How to overcome challenges
- Delicious and satisfying real food recipes

Transform Your Life with Real Food Today

If you're ready to make a lasting change to your health and well-being, **180 Days of Real Food** is the perfect resource for you.

This transformative book will provide you with the knowledge, tools, and support you need to embark on a journey towards optimal health and happiness.

Free Download your copy of **180 Days of Real Food** today and start living a healthier, more vibrant life!

NEW YORK TIMES BESTSELLER

100 DAYS

of

REAL FOOD



HOW WE DID IT, WHAT WE LEARNED, AND
100 EASY, WHOLESOME RECIPES
YOUR FAMILY WILL LOVE!

LISA LEAKE

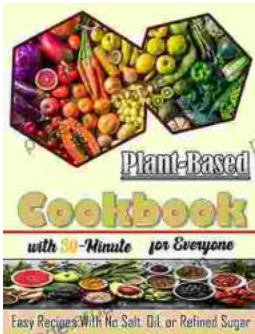


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