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Clean Eating for Wellness and Weight Loss

By *Ebony Jackson*

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Clean eating is about cleansing your body, filling it with top-level nutritious foods that will help repair all the current damage that has been done through constant intake of sugar, saturated fats, artificial sweeteners, along with other harsh chemicals or ingredients, along with revving your metabolism so that you can stay in a state of maximum fat burning all day long. Eating clean can help you to lose weight and have greater wellness. In this book we discuss:

Benefits of Eating Clean
What Foods are Clean
How to Eat Clean
Importance of Hydration
Eating Clean on the Go and at Work
Frequently Asked Questions
Exercising While Eating Clean
Recipes and Quick Meals
and More

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