



Diet Makeover for Moms: Make Peace with Food, Increase Energy and Eliminate Bloat (Paperback)

By Kari Burghardt

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Kari Burghardt, owner of Shine Within Nutrition, has laid it all out for you in this book. As someone who struggled with an eating disorder for more than 15 years, she is now sharing how she was able to overcome and make peace with food. She has been through a roller coaster of food restrictive diets, and has traded the deprivation of them all for real food once and for all. Benefits you will gain from this diet makeover for moms: Lose weight without gaining it back Flush toxins out of your body Healthier skin Efficient digestion and relief from constipation Maintain healthy metabolism Reduce inflammation in the body Relieve indigestion, heartburn and bloat Better mood, beat depression Save time with meal prep Increased self confidence Stop feeling guilty for food choices Improved sleep and less fatigue.



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