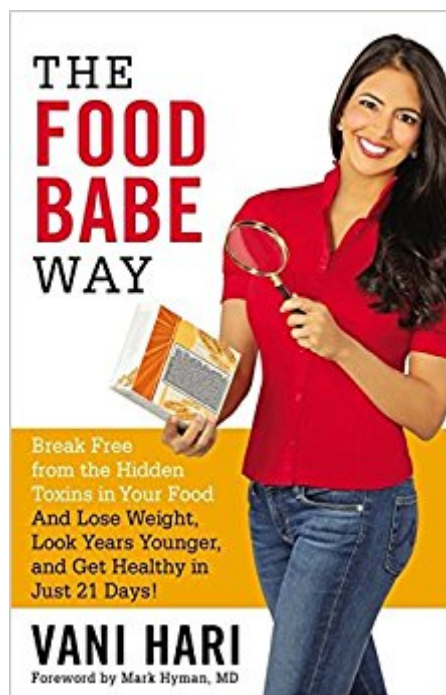




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# The Food Babe Way: Break Free From The Hidden Toxins In Your Food And Lose Weight, Look Years Younger, And Get Healthy In Just 21 Days!



## 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](http://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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and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger How to Look Younger - Get Rid of Eye Wrinkles, Drooping Cheeks and Sagging Jowls Naturally: Six Easy Steps (How to Look Younger - Anti Aging Techniques That Work Book 1) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB South Beach Diet: Lose Weight and Get Healthy the South Beach Way (Free Bonus Included) (South Beach Diet, Weight Watchers, Mediterranean Diet Book 1) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Sugar Detox: Lose Weight, Feel Great, and Look Years Younger Clean Eating: Reverse the Aging Process, Look Years Younger, And Lose Weight With This Best Collections Of Clean Eating Recipes Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1) 7 Day Tea Cleanse Diet Plan (FREE BOOK INSIDE): How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week, Flush out Toxins and Improve Your Health Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Lose weight Fast, Eat thin)

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