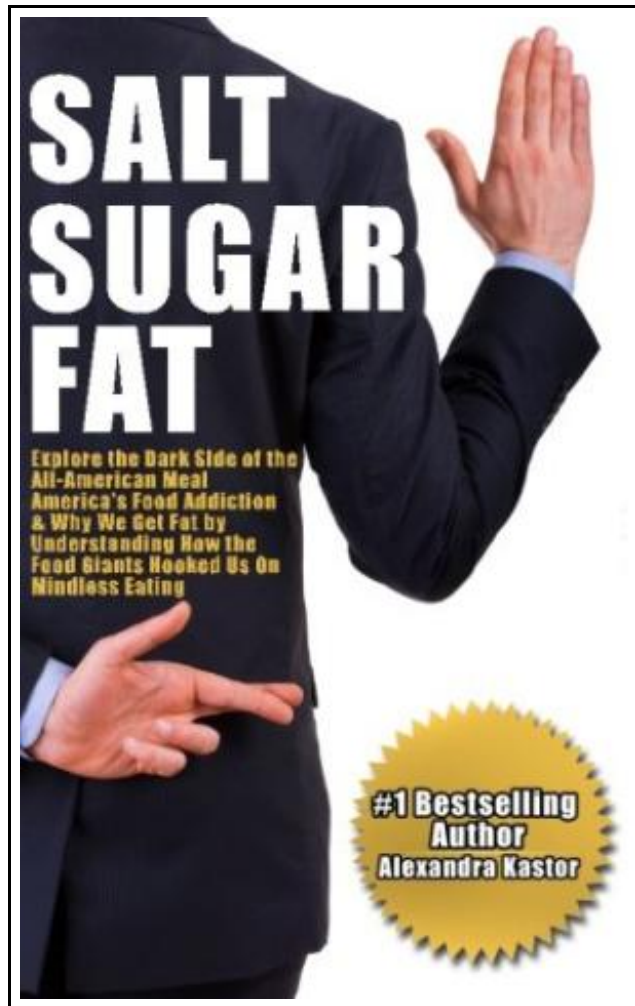


Salt Sugar Fat: Explore the Dark Side of the All-American Meal, Americas Food Addiction, and Why We Get Fat by Understanding How the Food Giants Hooked Us on Mindless Eating



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It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

SALT SUGAR FAT: EXPLORE THE DARK SIDE OF THE ALL-AMERICAN MEAL, AMERICAS FOOD ADDICTION, AND WHY WE GET FAT BY UNDERSTANDING HOW THE FOOD GIANTS HOOKED US ON MINDLESS EATING



A&s Publishing. Paperback. Book Condition: New. Paperback. 72 pages. Dimensions: 7.8in. x 4.9in. x 0.4in.1 AMAZON. COM BESTSELLING AUTHOR LAUNCH PROMO BONUS! As a thank you for all those who have supported Alexandra Kaster over the years, she has included a FREE USDA Guidelines Report with EVERY purchase of this book during its initial launch! The food industry pulls a lot of shady tactics in order to get their processed nonsense into your organic foods. This report will help you decode the tactics of Big Business in the grocery store! From The Back of the Book Another inspiring, life-altering book by bestselling author Alexandra Kaster. Are You Fed Up With The Lies Are You Hooked on Processed Food Are You Being Fooled at The Store Do You Really Know Whats In Your Food Wait, Salt is Good For Me I Dont Have Count Calories Why Doesnt My Diet Work Answered Within! All of these questions and more are addressed in full detail within Salt Sugar Fat Get the rarely-spoken-of secrets to living healthy not only today, but every day of your life! You WILL Be Surprised As To What You Find Out! Table of Contents The American Way -We Are Hooked on Cheap Instead of Good-to-Eat -What Consumers Dont Know -Avoiding Garbage at the Grocery Store Science of Selling: Weve Been Fooled -Avoiding The Lies What Makes Me Fat But Not You (and Vice Versa) -Calorie Counting and Regulating FatNot What You Think -Carbohydrates, Your Worst Enemy Your Trusted Friends -Why Diets Dont Succeed -Elusive Benefits Time to Think Outside of the Box -Forgotten Food -Teach Your Children Well Following Through -We Believe Our Eyes and Ears Instead of Our Bodies -Re-engineering Your Mindset Success in the Grocery Store Is A Step Away! You KNOW you have no idea...



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