



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!

By Vani Hari

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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! By Vani Hari

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.

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Editorial Review

Review

"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 fierce protector of our health and well-being and millions will benefit from her heroic deeds. It would be nearly impossible for someone not to lose weight and feel better after following these 21 habits. They are absolutely life changing and I recommend them to my patients and students of medicine."? *Joel Kahn MD, FACC, clinical professor of medicine, Wayne State University School of Medicine, and author of The Whole Heart Solution*

"Vani Hari is a fearless leader in a new food revolution. I'm in awe of her commitment to heal the world one bite at a time. In her book, The Food Babe Way, Vani wakes us up to the truth about our food, our health and our future. I recommend this book to everyone!"? *Gabrielle Bernstein, author of Miracles Now*

"[Vani Hari's] work is inspiring millions of Americans to get active and involved in pushing back against the overwhelming force of the food industry. If you want to bring transparency to our food system and improve the health and well-being of our fellow Americans then you need to join this movement."? *Congressman Tim Ryan*

"Vani Hari knows how to kick some serious artifice (a good name for Big Food brand!), and the kick-ees are none too happy about it. ... Vani and her all-volunteer 'Food Babe army' have caused loads of dubious junk to be taken out of our food supply that should never have been in it to begin with. Which is why every food corporation in America is asking their crisis management teams right now: Can this woman be stopped? Good luck with that."? *Ken Cook, President of the Environmental Working Group*

About the Author

Vani Hari is a food activist and the creator of 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.

Users Review

From reader reviews:

Vickie Kay:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite reserve and reading a publication. Beside you can solve your trouble; you can

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Robert Mangino:

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Willie Bergeron:

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! can be one of your beginner books that are good idea. We recommend that straight away because this book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to place every word into joy arrangement in writing 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! but doesn't forget the main position, giving the reader the hottest and also based confirm resource details that maybe you can be certainly one of it. This great information can drawn you into brand new stage of crucial thinking.

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