



# It Starts With Food: Simple Changes, Incredible Results

*Cathy Wilson*

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# It Starts With Food: Simple Changes, Incredible Results

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## **It Starts With Food: Simple Changes, Incredible Results** Cathy Wilson

It Starts With Food: Simple Changes, Incredible Results by Health and Wellness Expert Cathy Wilson, is an introductory guide uncovering: \*Hidden truths behind eating \*Solutions to finding YOUR food balance point \*Emotional, Mental, and Social factors interfering with HEALTHY munching \*Consequences of FAST FOOD junk eating \*GOOD food - BAD food choice list \*TAKE ACTION steps to eat right, melt fat, and gain energy Wilson takes her nutritional expertise, with over 30 health books published, and shows you how to create your personalized healthy eating strategy. Moving you step by step toward creating NEW fantabulously smart and sustainable eating habits. MOST IMPORTANTLY - THAT WORK FOR YOU! It All Starts With Food...But there's so much more to fast weight loss, disease prevention, finding your healthy, and gynomously critical, STICKING WITH YOUR HEALTHY HABITS! \*Social \*Lifestyle \*Exercise \*Environment \*Mental These factors, that aside from better eating, are also crucial in developing your BIG PICTURE Master Plan of Great Health For Life. If you're serious about getting rid of your fast food cravings for good, and gaining a solid platform from which to build smarter food habits, Wilson has written this "get control of your eating" masterpiece just for you. That's gotta make you feel special! The time for whiny excuses is over. OPEN YOUR MIND to new information, and take control of your eating today. So you can plant your seed, that'll shoot you straight to the top in quality health. PS - If you gain just one new piece of information, YOU WIN!

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