

Kayla Itsines 20

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reprint of the original first published in 1876

how one woman's search to regain her health led her to the troubling outer fringes of the Queensland wellness industry a university athlete jacqueline alnes's season was cut short by a series of inexplicable neurological symptoms what started with a cough escalated to a collapse on the track and months of episodes that stole her ability to walk and even speak two years after quitting the team to heal alnes's symptoms returned with a severity that led to months in a wheelchair but left doctors mystified desperate for answers she turned to an online community centred around two wellness gurus Queensland's durianrider and his then girlfriend freelee the banana girl who claimed that a strict all fruit diet could cure conditions like depression addiction anxiety and vision problems alnes wasn't alone from all over the world people in pain doubted or dismissed by medical authorities or seeking a miracle diet turned to fruit in hope of a cure in the fruit cure jacqueline alnes takes readers on a spellbinding and unforgettable journey through the fringe world of fruitarianism a powerful personal narrative it is also a damning inquiry into the sinister strains of wellness culture that prey on people's vulnerabilities through schemes scams and diets masquerading as hope

the help vegetarian guide contains kayla itsines 107 page clean eating plan including a full 14 day meal plan with recipes suitable for vegetarians vegans and pescatarians learn what to eat discover fat burning foods eat tasty meals and speed up your metabolism

no restrictions or calorie counting just wildly delicious recipes and simple ways to organise yourself to cook and eat well by the cofounder of the bare guides buckle in for some seriously delicious nutritious and incredibly satisfying food that is healthy but doesn't compromise on taste ever leah itsines comes from a big greek family where food is always at the forefront of every gathering but it's no secret she also lives and breathes healthy eating and a lifestyle that supports wellbeing how do you combine a love of food with a healthy lifestyle you make good food made simple if you don't feel confident in the kitchen or you've had a bad relationship with food this is the book to ease you back to balanced and realistic eating that is satisfying and fun begin with meal prep hacks and money saving tips to get organised learn how to make some mean marinades that will make life simply delicious then move through over 100 killer recipes from the lighter side quick delicious to itsines family favourites and for something a bit special the entertainer good food made simple is your gateway to getting comfortable in the kitchen being kind to your body and having some fun food wasn't meant to be hard

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