



# **It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways**

*Melissa Hartwig, Dallas Hartwig*

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# It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways

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**It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways** Melissa Hartwig, Dallas Hartwig  
*Now a New York Times bestseller!*

**Food can change your life in unexpected ways. *It Starts With Food* will show you how.**

*It Starts With Food* outlines a clear, balanced, sustainable plan to change the way you eat forever--and transform your life in unexpected ways. Your success story begins with "The Whole30," Dallas and Melissa Hartwig's powerful 30-day nutritional reset.

Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, improved quality of life and a healthier relationship with food - accompanied by stunning improvements in sleep, energy levels, mood and self-esteem. More significantly, many people have reported the "magical" elimination of a variety of symptoms, diseases and conditions - in just 30 days.

*diabetes · high cholesterol · high blood pressure · obesity · acne · eczema · psoriasis · hives asthma · allergies · sinus infections · migraines · acid reflux · celiac disease · Crohn's · IBS bipolar disorder · depression · seasonal affective disorder · eating disorders · ADHD endometriosis · PCOS · infertility · arthritis · Lyme disease · hypothyroidism · fibromyalgia*

Now, Dallas and Melissa detail the theories behind the Whole30, summarizing the science in a simple, accessible manner. *It Starts With Food* shows you how certain foods may be having negative effects on how you look, feel and live - in ways that you'd never associate with your diet. More importantly, they outline their life-long strategy for Eating Good Food in a clear and detailed action plan designed to help you create a healthy metabolism, heal your digestive tract, calm systemic inflammation and put an end to unhealthy cravings, habits, and relationships with food.

Infused with their signature wit, tough love and common sense, *It Starts With Food* is based on the latest scientific research and real-life experience, and includes success stories, a shopping guide, a meal planning template, a meal plan with creative, delicious recipes, an extensive list of resources, and much more.

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