



Salt Sugar Fat: Defeat the Addictions

Peter Kornfeld

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Processed foods go hand in hand with too much salt, sugar, and added fat in your diet. It's all about convenience foods that over time will add pounds to your waistline, and illness and disease to your life.

This has to stop!

Salt Sugar Fat: Defeat the Addictions by Peter Kornfeld educates you on the dangers of "Americanized" eating, and shows you why you need moderate amounts of natural salt, sugar, and fat in your daily diet.

The Key???

MODERATION of course!

Understanding the physical, social, mental, and emotional pressures that shape our unhealthy eating habits will enable you to use this book as a tool to break free of the processed food death grip and find happiness in eating the wholesome foods Mother Nature provides.

Kornfeld shows you how to take action and commit to a plan that will help you gain control of your salt, sugar, fat intake for life.

If you are serious about blasting fat and re-gaining control of your energy, health, and life happiness, it's time for you to open your mind and read on!

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Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Salt Sugar Fat: Defeat the Addictions, you are able to enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

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