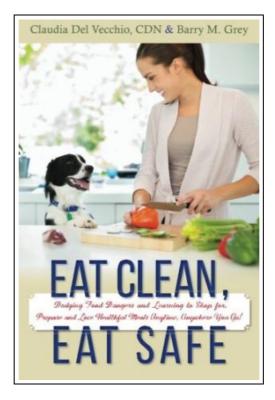
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Reviews

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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Did you know that food poisoning can be a contributing factor in many gastrointestinal issues, autoimmune diseases, and chronic illnesses? Whether you re eating at home, dining out, or catching meals on the road, danger lurks in food that hasn t been handled correctly at any point along the supply chain. Using everyday language and real-world examples, Eat Clean, Eat Safe demystifies the perils probably piled atop your plate. But this diet and nutritional guide goes well beyond microbial miscreants, scary superbugs, and other gastronomical gross-outs. It also dishes up smart, easy-to-follow advice for healthier diets at home-along with crucial tips and valuable checklists to ensure safe dining anywhere you go. It s a handy-dandy helper to keep in the kitchen, stow in the car console, or stash in a travel bag for fast relief from your food-related quandaries. Breezy and irreverent, with entertaining film references and many fatuous, funny footnotes, Eat Clean, Eat Safe takes the mindlessness out of discussions on healthy eating-in addition to offering sound health information from respected, reliable sources in a fun and engaging way!.

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