



Salt Sugar Fat: Explore the Dark Side of the All-American Meal, America's Food Addiction, And Why We Get Fat by Understanding How the Food Giants Hooked Us on Mindless Eating

Alexandra Kastor


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Salt Sugar Fat: Explore the Dark Side of the All-American Meal, America's Food Addiction, And Why We Get Fat by Understanding How the Food Giants Hooked Us on Mindless Eating Alexandra Kastor #1 AMAZON.COM BESTSELLING AUTHOR LAUNCH PROMO BONUS! As a thank you for all those who have supported Alexandra Kaster over the years, she has included a FREE USDA Guidelines Report with EVERY purchase of this book during its initial launch! The food industry pulls a lot of shady tactics in order to get their processed nonsense into your organic foods. This report will help you decode the tactics of Big Business in the grocery store! From The Back of the Book Another inspiring, life-altering book by bestselling author Alexandra Kastor. Are You Fed Up With The Lies? Are You Hooked on Processed Food? Are You Being Fooled at The Store? Do You Really Know What's In Your Food? Wait, Salt is Good For Me? I Don't Have Count Calories? Why Doesn't My Diet Work? Answered Within! All of these questions and more are addressed in full detail within Salt Sugar Fat Get the rarely-spoken-of secrets to living healthy not only today, but every day of your life! You WILL Be Surprised As To What You Find Out! Table of Contents The American Way -We Are Hooked on Cheap Instead of Good-to-Eat What Consumers Don't Know -Avoiding Garbage at the Grocery Store Science of Selling: We've Been Fooled -Avoiding The Lies What Makes Me Fat But Not You? (& Vice Versa) -Calorie Counting and Regulating Fat...Not What You Think -Carbohydrates, Your Worst Enemy Your Trusted Friends -Why Diets Don't Succeed -Elusive Benefits Time to Think Outside of the Box -Forgotten Food -Teach Your Children Well Following Through -We Believe Our Eyes and Ears Instead of Our Bodies -Re-engineering Your Mindset Success in the Grocery Store Is A Step Away! You KNOW you have no idea what's on that ingredients label! You're TIRED of being filled with the lies of Big Business! You're DONE with consuming dangerous, processed foods! It's Time for a Change! This book is your KEY to long lasting health reform! Act Today and Claim Your Bonus Before It's Gone! Your bonus USDA Organic Guidelines report won't be available forever! It's up to you to take the action necessary to solidify your healthy lifestyle today and start changing your life NOW!

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