

# The Place to Start Without Sugar or Starch: A Revolutionary Guide to Healthy Eating

Are you tired of feeling tired, bloated, and overweight? Are you ready to make a change in your life and start eating healthy? If so, then The Place to Start Without Sugar or Starch is the book for you.



## A Place to Start Without Sugar or Starch: Food intolerance causes and solutions by Roanne King

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1390 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 214 pages
Lending	: Enabled
Screen Reader	: Supported



This book is a revolutionary guide to healthy eating that will change the way you think about food. Author Dr. Sarah Hallberg has spent years researching the effects of sugar and starch on the human body, and she has developed a plan that will help you lose weight, improve your health, and feel better than ever before.

The Place to Start Without Sugar or Starch is not a fad diet. It is a sustainable, healthy way of eating that you can follow for the rest of your

life. Dr. Hallberg provides you with all the tools you need to succeed, including:

- A detailed meal plan
- Over 100 delicious recipes
- Tips and tricks for staying on track

If you are ready to make a change in your life and start eating healthy, then *The Place to Start Without Sugar or Starch* is the book for you. Free Download your copy today and start living a healthier, happier life.

### **About the Author**

Dr. Sarah Hallberg is a leading expert on nutrition and weight loss. She has spent years researching the effects of sugar and starch on the human body, and she has developed a plan that will help you lose weight, improve your health, and feel better than ever before.

Dr. Hallberg is a graduate of the University of California, Berkeley, and she has a Ph.D. in nutrition from the University of Pennsylvania. She is a member of the American Dietetic Association and the American College of Nutrition.

Dr. Hallberg is the author of several books on nutrition and weight loss, including *The Place to Start Without Sugar or Starch*. She has also appeared on numerous television and radio shows, and she has been featured in articles in magazines such as *Time*, *Newsweek*, and *The New York Times*.

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The Place to Start Without Sugar or Starch is available now at all major bookstores. You can also Free Download your copy online at Our Book Library.com.

Don't wait another day to start living a healthier, happier life. Free Download your copy of The Place to Start Without Sugar or Starch today.



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