



# Get the Gunk Out: Simple Healthy Habits. Life Changing Results.

*Shannon Kadlovski*

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# Get the Gunk Out: Simple Healthy Habits. Life Changing Results.

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**Get the Gunk Out: Simple Healthy Habits. Life Changing Results.** Shannon Kadlovski

A complete, realistic, and effective guide to eating great, looking great, and feeling great, with ease.

“There is truly something here for everyone looking to achieve optimal health.” – Bryce Wylde, Alternative Health Expert. BSc, DHMHS, Author of Wylde on Health.

“Using the facts, tips, and recipes in this book, I am able to make smart lifestyle choices that work for me.” – Julia Suppa, Television Host & Producer - Rogers TV.

In this book, Certified Nutritionist Shannon Kadlovski reveals secrets about twenty-one simple habits that will enable you to sustain a healthy lifestyle long-term. You will learn how to eat healthy without breaking the bank, how to effectively eliminate the stress and confusion that is often associated with healthy living, and learn how to look and feel amazing without ever counting calories or grams of fat - even with a busy, hectic lifestyle.

As a former unhealthy, junk-a-holic, Shannon understands what it's like to be overweight, tired, and fearful. Her personal struggles with debilitating anxiety, chronic fatigue, and irritable bowel, leading up to her now healthy and vibrant life, is what drives Shannon to empower others to make positive changes in their own lives.

Complete with Shannon's inspiring and lighthearted approach, "Get the Gunk Out" is exactly what you need to achieve your health goals. It's not about being perfect or drastically changing your whole life in one day, but rather slowly introducing healthy diet and lifestyle habits into your routine. This book allows you to make choices that suit your specific needs.

Whether you currently follow a healthy diet, or have bags of fast food wrappers trapped under the front seat of your car, this book will provide you with essential tools to living a happy, healthy, gunk-free life.

12 ways "Get the Gunk Out" can change your life:

- Decreased gas and bloating, decreased heartburn and abdominal pain, and proper bowel movements
- Improved immune function
- Increased energy
- Improved mood
- Weight loss
- Clearer skin
- Better sleep
- Reduced stress and anxiety
- Headache relief
- Decreased cholesterol
- Reduced inflammation
- Disease prevention and improved overall health and well-being

This book includes:

- Sample menus and meal options

- Grocery lists (including brand names)
- Delicious gunk-free recipes
- Tips for understanding product labels
- Tips for dining out
- Healthy alternatives to conventional foods
- A step-by-step guide to resetting your diet and your health in just 21 days

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**Timmy Gallegos:**

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**Stephanie Knowles:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Get the Gunk Out: Simple Healthy Habits. Life Changing Results. can be good book to read. May be it might be best activity to you.

**Erin Marshall:**

The book Get the Gunk Out: Simple Healthy Habits. Life Changing Results. has a lot of information on it. So when you read this book you can get a lot of profit. The book was compiled by the very famous author. This articles author makes some research prior to write this book. That book very easy to read you can find the point easily after perusing this book.

**Jesus Thresher:**

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