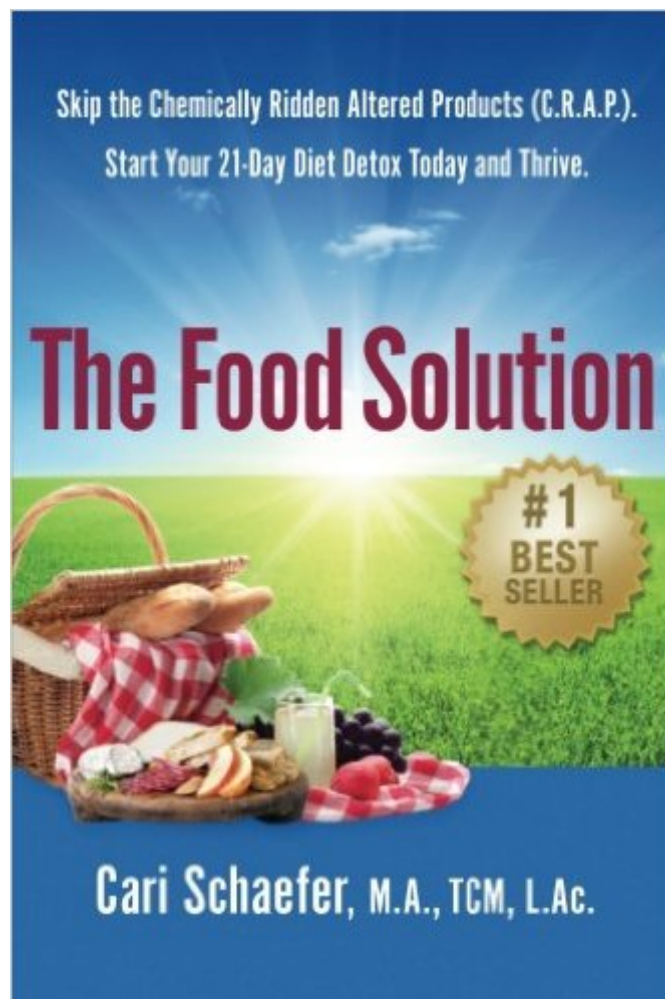


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# **The Food Solution: Skip The Chemically-Ridden Altered Products (C.R.A.P.). Start Your 21-Day Diet Detox Today And Thrive.**



## Synopsis

Cari Schafer's groundbreaking book, *The Food Solution*, implores readers to skip the C.R.A.P. Chemically Ridden Altered Products and follow her 21-Day Diet Detox to find lasting health with real nutrition. Over the years the American diet has moved further away from whole food sources and has become increasingly riddled with chemicals and other toxins. The processed foods that have become staples of our diet have led to an array of physical and psychological illnesses, including heart disease, obesity, depression, anxiety, and insomnia. We have forgotten the reason we eat: to nourish our bodies and minds to grow and thrive. In Schafer's holistic medical practice, she has helped many people halt or reverse illnesses by showing her clients how to return to eating food - not food products. By guiding readers on a 21-Day Diet Detox that can be tailored to fit every person's lifestyle, Schafer teaches readers how to use nutrition as a healing tool. She arms readers with a wealth of knowledge about our modern, compromised food system, and educates readers on the many ways our food has been modified to become not only non-nutritious, but often harmful. Based on research and more than sixteen years of clinical practice, *The Food Solution* offers concrete ways to identify, find, and eat food; shows you how to add nutrients and avoid chemicals and inflammatory foods; and provides food nutrition facts, shopping lists, meal plans, and recipes. If you are feeling overweight, tired, and older than your years, or just need a tune-up, read and implement the guidelines in this book today and you will jumpstart a lifelong journey of healthy living.

## Book Information

Paperback: 200 pages

Publisher: Sustainable Health Publishing; first edition (January 3, 2016)

Language: English

ISBN-10: 1518824412

ISBN-13: 978-1518824418

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #1,467,565 in Books (See Top 100 in Books) #45 in Books > Health, Fitness

& Dieting > Nutrition > Food Additives #48 in Books > Health, Fitness & Dieting > Nutrition >

Genetically Engineered Food #95 in Books > Health, Fitness & Dieting > Nutrition > Cancer

Prevention

## Customer Reviews

I absolutely love this book. I wish I had had a book like this 15 years ago when I was first diagnosed with food intolerances, struggling with acid reflux, and difficult to manage seasonal allergies. A few years ago I began seeing Cari Schaefer in her private practice and have seen huge improvements in my own health. I am so excited that the public can now gain the knowledge that I receive as a client (and the book answers so many more questions that I would have never thought to ask!). The Food Solution is well researched, which I appreciate being a Masters student studying Clinical Psychology, and Cari also incorporates her years of clinical expertise to give the reader the greatest amount of information possible. The best part is that she writes in the same caring, compassionate, supportive voice that I experience as a client with her in person. This is not a traditional "diet" book; it is so much more. The information can certainly help you lose weight if you need to, but this book, in my opinion, is more about improving your quality of health to improve your quality of life. If you're tired of quick fixes and never feeling your best, read The Food Solution. Stop the dieting cycle and read a book from trusted expert in the field that will give you the knowledge to make positive changes in your life. There is something every reader can take away from reading this book. Cari was able to improve my health more than I ever thought possible, I trust and admire her as a professional, and I love her book so much that I'm buying several copies for my friends!

I found The Food Solution at a time when I was absolutely READY for a change in my life. This book was the perfect road map. I've never seen a more comprehensive guide for finding food that is additive free, and truly nourishing. The author recommends a down to earth whole food diet, without pushing any food agendas about veganism or paleo. She offers education on what is actually in our food, and how to find the cleanest food available. After reading through it, I embarked on the "diet detox" which is not so much a "cleanse", but more of an elimination diet, designed to clear out your system of common trigger foods. Foods that you may have a mild allergy to, that may be causing you to hold onto excess weight, experience aches and pains, have foggy thinking, lethargy, etc. After 3 weeks on the diet detox, I was 15lbs lighter, and my back and knees are pain free! Now, 5 weeks later, I've lost 3 more pounds, and I've discovered that dairy and I don't get along as well as I thought we did! I honestly have more energy! I feel better than I have in years! Bringing my diet back to basics has really helped me get over my sugar cravings too! I would highly recommend this book to anyone who wants to create lasting change, with a logical, fad free, whole foods way of eating.

I'm a certified holistic health coach and I feel very confident in referring my clients to this book as a foundation to understanding and implementing sustainable lifestyle habits which lead to optimal health. I especially appreciate how the facts in the book are well supported with specific resources and current research. This book is not about fads or quick fixes; this is about long term health habits.

Phenomenal Book !!!! Perfect gift for families and singles too .. Everyone will love this book ! Ms. Schaefer certainly has done her research !!In these times we need help navigating through all the challenging food issues in our markets and in dining out. Our children's well being is hanging in the balance and Ms. Schaefer gives insightful meaning to our current food issues; brilliant information for creating a healthy, balanced life and lifestyle. A must read for all !!!!

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