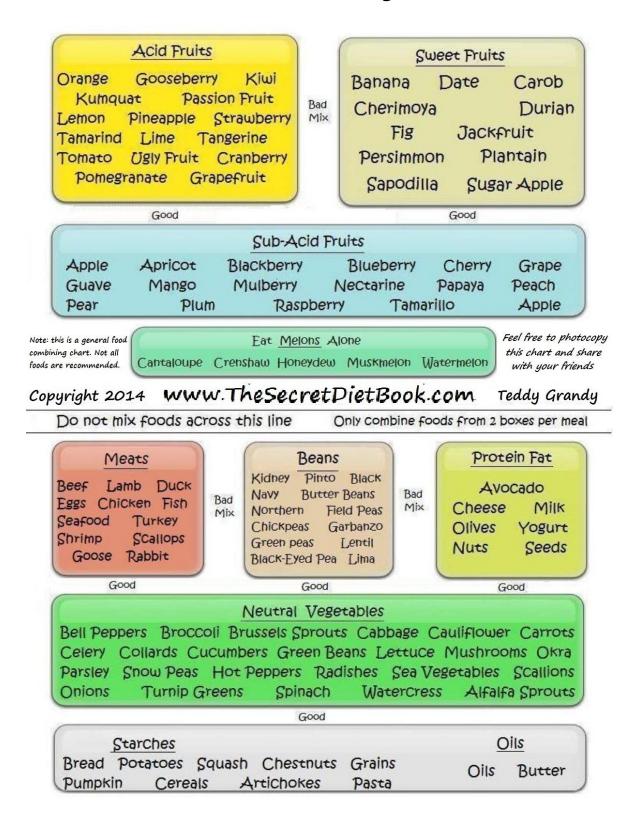
## Free Food Combining Chart PDF



The Secret Diet Book goes into great detail on how to use this food combining chart. Shoot on over to the website and check it out for

## Free Food Combining Chart PDF

a few seconds. The website has great information on how to change your diet to get results in the shortest time possible. The Author's research on acne and how it is caused by food allergy, food intolerances, and toxic food ingredients, is a topic that most acne researchers somehow overlooked. The info in The Secret Diet Book is not commonly found in any health books.

The Author is certified by "The National Academy of Sports Medicine" as "Fitness Nutrition Specialist" and "Certified Personal Trainer".

His book is the product of over 7 years of research, trial and error, and keeping a detailed food journal. He found which foods were causing his acne and weight gain, then eliminated them.

## The Secret Diet Book: How To Feel Great All The Time!

- Feel better than you have in years
- Streamline your digestion
- Make your Shit Not Stink Anymore
- Get more energy from the foods you eat
- Flush out toxins
- Get alkaline
- Lose weight without exercise (one woman lost 60 pounds in 20 weeks on this plan)
- Get Rid of Gas!
- Get Rid of "Itchy Butt Syndrome"
- Fix acid reflux and heartburn in as little as 3 days
- Get rid of Chronic constipation and prevent Bowel Impaction
- Stop straining to go to the bathroom
- Stop needing so much toilet paper
- Stop chronic diarrhea
- Stop Burping all the time
- Get rid of acne by changing your diet
- Improve your moods and overall sense of well-being

## Free Food Combining Chart PDF

- Stop feeling like \$h!T
- Get a Flat Stomach and avoid developing DIVERTICULOSIS
- Avoid headaches
- Stop having stomach pains
- Reverse chronic fatigue
- Get rid of itchy skin, athletes foot, and yeast overgrowth
- Uncover hidden food allergies
- Get rid of SUPER BAD BREATH
- Boost your energy and alertness
- · Avoid future sickness

....by adjusting your dietary habits and the foods you eat.

These are the results I have PERSONALLY achieved on this diet.