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And Change Your Life In 30 Days  
"It Starts With Food offers a workable path to a natural, healthy way of eating. Hippocrates advised, 'Let food be your medicine'; Dallas and Melissa have the prescription." -- —Paul Jaminet, PhD, author,, Perfect Health Diet

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And Change Your Life In  
Whole30," Dallas and Melissa Hartwig's  
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### **It Starts With Food - The Whole30® Program**

Like. "But one thing is certain—in the case of nutrition and health, the science

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can be confusing and can lead to “paralysis by analysis” (a state in which you take no action because you’re not sure what to do).” — Melissa Hartwig, *It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways*.

### **It Starts with Food Quotes by Dallas Hartwig**

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And Change Your Life In Unexpected Ways outlines a clear, balanced, sustainable plan to change the way you eat forever--and transform your life in profound and unexpected ways. Your success story begins with the Whole30 (R), Dallas and Melissa Hartwig's powerful 30-day nutritional reset.

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It Starts With Food reveals how specific foods may be having negative effects on how you look, feel, and live-in ways that you'd never associate with your diet. More important, they outline their lifelong strategy for eating Good Food in one clear and detailed action plan designed to help you create a healthy metabolism, heal your digestive tract, calm systemic inflammation, and put an end to unhealthy cravings, habits, and relationships with food.

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Infused with the Hartwigs' signature wit, tough love, and common sense, It Starts With Food is based on the latest scientific research and real-life

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experience, and includes testimonials, a detailed shopping guide, a meal-planning template, a Meal Map with creative, delicious recipes, and much more.

## **It Starts With Food: Discover the Whole30 and Change Your ...**

It Starts With Food will show you how by outlining a clear, balanced, sustainable plan to change the way you eat forever - and transform your life in unexpected ways. Your success story begins with 'The Whole30,' Dallas and Melissa Hartwig's powerful 30-day nutritional reset. Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, improved quality of life and a healthier relationship with food.'

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