



# The Truth About the Eat Clean Diet: The Path to Health and Wellness

*Welch Miriam*

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What exactly does it mean to eat clean? "The Truth about the Eat Clean Diet" explains all of that and more! If the aim is to eat a more balanced and healthier diet, eating patterns have to be adjusted. As such, the eat clean diet is recommended as one of the more suitable diets for this purpose. It is not difficult to make the transition to this diet as the list of accepted foods is quite extensive and every item can easily be found in the local grocery store or supermarket. To increase longevity, it is important to eat clean and stop consuming all of the pre-packaged and junk foods. This book shows you how.

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