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## The Simplicity Diet: For Your Body Your Life (Paperback)

By Tonya Lewis

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tonya Lewis is a Holistic Health Coach, Nutrition Expert, Ingredient Research Author, Business Development and Lifestyle Coach from Spokane, WA. Tonya has helped thousands of clients nationwide with her nutrition workshops and coaching programs. Currently studying to obtain her Holistic Health Practitioner License, Clinical Master Herbalist, and Certified Nutritionist Consultant License - she will be launching her online HHP Consultation Programs Academies where she will continue to work with clients on an international level. To learn more about Tonya please visit Apply to work with Tonya at From the Author: I ve struggled with certain natural ingredients and years of stomach aches. Because of it, I have poured hundreds of hours of research into this stuff - really for my own selfish reasons. I just wanted to feel better. I literally became the guinea pig, doing elimination and reintroduction of certain foods, allergy testing, candida testing, adrenal fatigue testing, and hundreds of hours of ingredient research. This book was inspired by my clients. As I started to share bits and pieces of my research, I started to get more and more questions...



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