

Download Beyond Diet 5 Foods To Never Eat

When you are trying to improve your health and lose weight, there are certain foods that you should avoid. Many of these foods are obviously unhealthy because they contain ingredients that are known to cause weight gain. It is common knowledge that fried foods are not healthy and should be avoided whenever it is feasible. In addition to causing you to pile on the pounds, these foods are of little nutritional value and can cause some serious health problems. I am on the Virgin diet just to see what my food sensitivities are because I am feeling sluggish, light headed, no energy, chest pains, itchy skin, nodules on my thyroid, no energy..... The Fast Metabolism Diet (FMD) (2013) is a weight loss and healthy eating book. No wheat, corn, dairy, soy, sugar, caffeine, alcohol, dried fruit or fruit juices, artificial sweeteners, fat-free "diet" foods.