

# APPETITE ANTIDOTE



**YOUR BINGE BLASTING BAZOOKA  
FOR RECLAIMING YOUR RIGHTFUL BODY**

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# Foreword

Sound eating isn't about rigid nutrition doctrines, staying unrealistically skinny, or depriving yourself of the foods you adore. As an alternative, it's about feeling excellent, having more energy, and keeping yourself as sound as possible- all of which might be attained by learning some nutrition basics and using them in a way that works for you.

Sound eating starts with learning how to “eat intelligently”-it's not simply what you eat, however how you eat. Your food choices might reduce your risk of illnesses like heart conditions, cancer, and diabetes, as well as battle against depression.

In addition, learning the habits of intelligent eating might boost your energy, heighten your memory and stabilize your mood. You are able to expand your range of sound food choices and learn how to plan ahead to produce and sustain a gratifying, intelligent diet. Get all the info you need here.