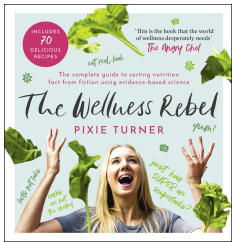


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## THE WELLNESS REBEL EBOOKS 2019



Author: Pixie Turner

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The healthy eating market continues to thrive, with authors like Joe Wicks seeing recordbreaking sales for accessible healthy eating books. In recent months, however, there has been a backlash against certain healthy lifestyle brands, particularly those without scientific qualifications who promote 'clean eating'. The Wellness Rebelu003c/iu003e explores the aftermath of this, looking at where balanced healthy eating will go next and how we can get back to evidence-based basics and enjoy eating well. u003cbr /u003eu003cbr /u003eWith each chapter themed around a common healthy food misconception such as 'Alkaline', 'Raw' and 'Superfoods?', u003cbr /u003eThe Wellness Rebelu003c/iu003e explores the basics of nutrition in an accessible and entertaining way, with Pixie sharing her tips, tricks and tastiest recipes – including her much-loved Pixie Plates – for a truly healthy diet, with no detoxes, no elimination diets, no restrictions – and absolutely no BS.

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