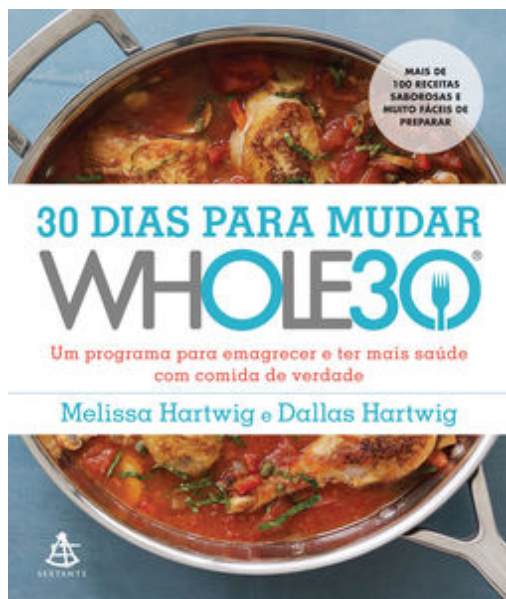


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Hartwig, que...

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30 dias para mudar apresenta o badalado programa Whole30, de Melissa Hartwig e Dallas Hartwig, que já ajudou centenas de milhares de pessoas a transformar de vez a relação com a comida. Sua abordagem leva a uma perda de peso sem grandes sacrifícios, além de melhorar significativamente a qualidade do sono, os níveis de energia, o humor e a autoestima.

A partir de um plano de apenas cinco passos, você vai eliminar todos os alimentos que possam estar lhe fazendo mal - como grãos, açúcares, laticínios e leguminosas -, ver como se sente e depois reintroduzir os grupos alimentares pouco a pouco, escolhendo com consciência o que quer ou não manter de acordo com os seus sintomas.

Com esse conhecimento, você será capaz de erradicar hábitos pouco saudáveis, reduzir compulsões alimentares e a gula relacionada ao estresse, melhorar a digestão e fortalecer o sistema imunológico. E fará tudo isso sem passar fome, sem contar calorias e sem precisar se pesar.

Para ajudar no processo, os autores relatam histórias reais de pessoas que aderiram ao programa e tiveram sucesso, abordam as principais dificuldades enfrentadas pelos participantes, sugerem uma lista de compras apenas com os itens permitidos e ensinam como agir quando você come fora de casa e como adaptar o programa para crianças, gestantes e vegetarianos.

MAIS DE 100 RECEITAS SABOROSAS E MUITO FÁCEIS DE PREPARAR.

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