

Fart Free Vegan: Food Combining for Detox, Weight Loss and More Energy

By Jon Symons

Createspace. Paperback. Condition: New. This item is printed on demand. 67 pages. 2 Best Seller on Amazon in Vegan Books!In Fart Free Vegan you will learn: - 5 common vegan food mistakes that create gas- How food combining impacts your health and weight- What causes gas and indigestion- The classifications of foods and how the body digests each category differently- A quick tour of your digestive system while it breaks down a typical vegan meal- The 5 simple food combining rules for a happy bellyPlus a free bonus: a printable food quick reference chart with foods classified by digestive category and food combining rules to keep at your fingertips. Are you following a healthy raw or vegan diet and failing to see the success or improvements that you expectedAre the nutritious foods youre eating making you bloated and full of gasDid you know that your digestive system is designed to break down foods in a precise way No matter how healthy the food you are eating, you willhave gas and bloating if you break these rules. This book will introduce you to the science of food combining customized for a vegan diet. Youll understand how your digestive system works and...



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