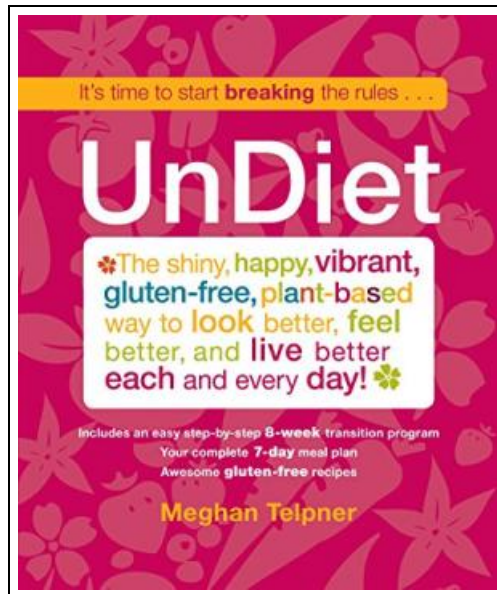


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Globe Pequot Press. Paperback. Condition: New. 264 pages. Dimensions: 8.9in. x 7.4in. x 0.9in. A fabulous, practical, and modern guide to true health from a fresh and engaging certified nutritionist with an inspiring and transformational message. Without ever using the word diet, Meghan Telpner encourages readers to make major life changes small step by small step with help from the latest nutritional science, a fun and encouraging voice, and an abundance mindset. Ideal for those seeking a gluten-free, plant-based meal plan and an accessible path to health. UnDiet answers the question many people have when they realize its time for a change in their diets, a change in their health, and a change in their lives: Where do I start. Without being too far off the mainstream, this book offers a simple, attainable, and most importantly, maintainable approach to living life well. With her strong, appealing personality, Telpner guides readers toward optimal gluten-free health by incorporating simple lifestyle modifications. Information is explained with refreshing clarity and vibrant passion, making it easy to follow ideas right off the books brightly designed pages and into everyday life. When Meghan was diagnosed with Crohns disease at age 26, and told her incurable condition could only be treated with surgery and a lifetime of medication, this wellness warrior gave up her career in advertising and her gym membership, and instead began practicing yoga, making smart nutritional modifications, and adding awesome herbal remedies into her life. Within four weeks she was completely symptom-free, and remains so six years after her diagnosis. Now a certified nutritionist who shares her knowledge via online courses and videos with a dedicated following around the world, Meghan offers a lifestyle based not on deprivation and painful restrictions, but vitality, mindfulness, and joy. With her help, we soon discover how our level...

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