

# Download Diet Wise Let Your Body Choose The Food That's Right For You

JEN WIDERSTROM is an industry leader committed to helping people understand and implement a holistic approach to health and wellness. She is the big hearted, undefeated trainer on NBC's The Biggest Loser, a former co-star on the American Gladiators and Daily Blast LIVE, and the global partner for SHAPE Activewear. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes [Kristina Carrillo-Bucaram] on Amazon.com. \*FREE\* shipping on qualifying offers. The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight. The Optimal Diet for Heavy Metal Detoxification: Sugar & Detoxification. Most people with high levels of heavy metals also have a high load of candida (which is also called fungus or yeast), parasites, viruses and bad bacteria. Being diagnosed with Type II diabetes can be a bummer, and it can be a struggle to keep blood sugars under control. Sometimes, you may find yourself with blood sugar levels that are higher than ...