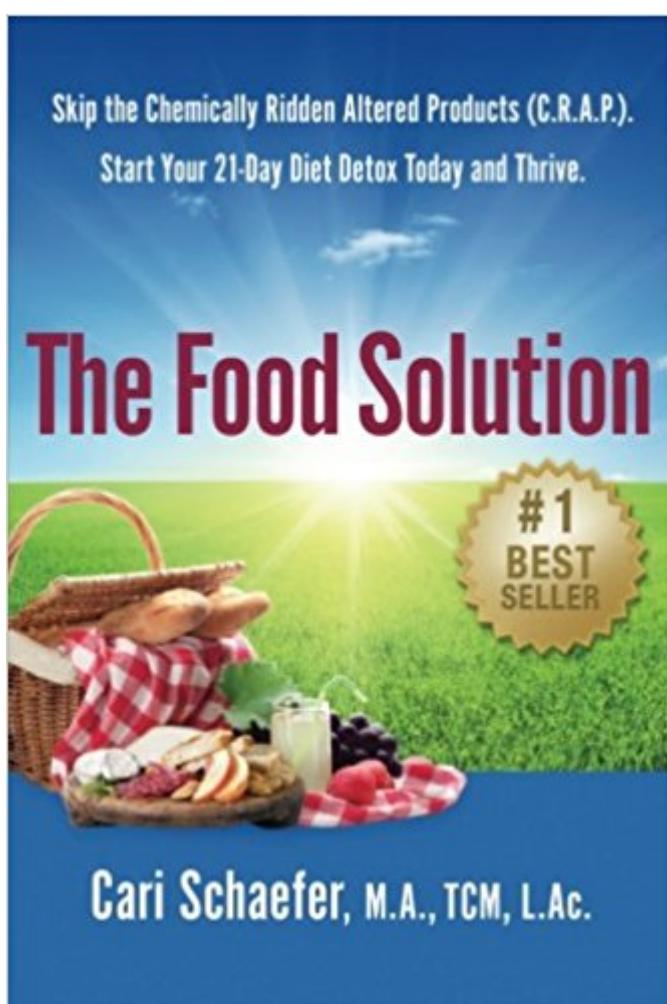


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# The Food Solution: Skip The Chemically-Ridden Altered Products (C.R.A.P.). Start Your 21-Day Diet Detox Today And Thrive.



## Synopsis

Cari Schaefer's groundbreaking book, *The Food Solution*, implores readers to skip the C.R.A.P. Chemically Ridden Altered Products and follow her 21-Day Diet Detox to find lasting health with real nutrition. Over the years the American diet has moved further away from whole food sources and has become increasingly riddled with chemicals and other toxins. The processed foods that have become staples of our diet have led to an array of physical and psychological illnesses, including heart disease, obesity, depression, anxiety, and insomnia. We have forgotten the reason we eat: to nourish our bodies and minds to grow and thrive. In Schaefer's holistic medical practice, she has helped many people halt or reverse illnesses by showing her clients how to return to eating food - not food products. By guiding readers on a 21-Day Diet Detox that can be tailored to fit every person's lifestyle, Schaefer teaches readers how to use nutrition as a healing tool. She arms readers with a wealth of knowledge about our modern, compromised food system, and educates readers on the many ways our food has been modified to become not only non-nutritious, but often harmful. Based on research and more than sixteen years of clinical practice, *The Food Solution* offers concrete ways to identify, find, and eat food; shows you how to add nutrients and avoid chemicals and inflammatory foods; and provides food nutrition facts, shopping lists, meal plans, and recipes. If you are feeling overweight, tired, and older than your years, or just need a tune-up, read and implement the guidelines in this book today and you will jumpstart a lifelong journey of healthy living.

## Book Information

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## Customer Reviews

Every day in America almost every person will, at some point, put something in his or her mouth and swallow it in the act of what we call eating. After years in private practice observing clients struggle with choices around food, I became curious about what motivates people to eat. I started asking my clients, "Why do you eat?" The responses were illuminating. Illuminating because I discovered not only why people eat what they eat but also why it didn't matter to them that most of what they were eating wasn't actually food. Yes, you read that correctly. The fact is that a large majority of what we eat in this country no longer meets the definition of food. Food: any nutritious substance that people or animals eat or drink, or plants absorb, in order to maintain life and growth. And this fact is a problem! Based on what I see in my holistic medicine practice every day, it's a really big problem. What you eat has a direct impact on how you feel today, and how you will feel as you age. And what we are eating is not food. In the powerful documentary "Super Size Me," Morgan Spurlock spent one month eating only fast food, three meals a day. Before the month was up, he had completely changed his health for the worse, gaining 24 pounds, raising his cholesterol by 65 points, and worst of all, developing a fatty liver. This happened because he ate the worst form of C.R.A.P., or Chemically Ridden Altered (food) Products. C.R.A.P. is what we are sold to eat that looks like food, tastes like food, but, as you will learn, has little to do with food. And, from my experience, it can make you sick. In the case of Spurlock's fast food experiment, it only took him three weeks before his health became so impaired his doctor implored him to stop--that's how much damage he had done. Many of you may be thinking that you do not eat C.R.A.P., and if you do, you certainly do not eat it everyday three meals a day like Morgan Spurlock did. The sad fact is, however, that you are most likely falling victim to it more often than you think. C.R.A.P. is hiding everywhere, right in front of your face, even at the best grocery stores. Almost everything you find in your grocery store has chemicals in it, has been altered from its whole food form, and is now a food product rather than actual food. In other words, it is C.R.A.P. We have forgotten the purpose of food, and we have forgotten that you cannot create health by eating things that are sick and loaded with toxins. Any race car driver knows never to put low-grade gasoline into his car because he knows it would hinder its performance. Why then do we put low-grade C.R.A.P. into our bodies and expect not to suffer the consequences? We have lost sight of the fact that if you alter food by changing the soil environment it is grown in, adding in foreign components by fortifying and/or genetically modifying it, as well as introducing chemicals, you are changing that substance. And if you then eat that product, the changes made are going to affect how you feel and how you

perform. Â Based on how you feel now, how is what you are eating affecting you? Are you vibrant, and full of life, or are you feeling tired? Do you need coffee to jump-start your day? Are you having trouble sleeping, carrying extra weight, in pain, and/or feeling old? Â The changes that have been made to food are on your dinner table in the chemically ridden altered food products you are being sold as if they are food and it is affecting your health and your family's health. Â The fact is that what you eat matters. It matters a lot! You are literally created from what you eat. Human bodies are not made of chemicals; they are not made of isolated vitamins made in a lab. They are made of nutrient complexes that come from food, air, sunshine, and water. Â My goal in this book is to help you not only understand but also experience for yourself the difference in how you can feel if you replace the C.R.A.P. you are eating with real honest-to-goodness food. I want you to experience the direct connection between what you eat and how you feel. I want to reacquaint you with how to identify, find, and eat food! Â If you are like most people, you are over-busy, overstressed, and overtired. Making a change, no matter how crucial to your well-being, can feel overwhelming and downright impossible. Â However, once you grasp and experience how much better you feel, you will understand the only way out of feeling the malaise, the general low-level energy, and the less than optimum wellness is to make a change. And that change includes relearning how to EAT FOOD! Â I say more than once in this book, "Nothing impacts your health more than the choices you make every day." If you are not feeling well, then I can guarantee you are making choices that are contributing to how you feel. Â We are exposed to thousands of chemicals in this country, some estimates say around 85,000. How does your body deal with those chemicals? With nutrients that come from what you eat. If you are not feeling your best, if you feel like you are aging, if your hormones are out of balance, if you are tired, or if your cholesterol is high, then I can guarantee you that the C.R.A.P. you are eating is playing a role. Â I have witnessed so many people change their health by changing the choices they make around food to know with 100 percent certainty that this is true. Â This book is not about finding the "perfect" diet. It is not meant to add a new flashy quickly fading diet to the multitudes. The purpose of this book is to inspire you to make nutritional changes for life. It is to remind you of the important role food plays in your health, and teach you how to find and eat real food once again. Â I invite you to come on this journey to see for yourself how good you can feel. Commit to following the tenets set forth in this book and you will not only support your own health, but also the health of this planet. Â This book is called The Food Solution because by starting this journey you will not only improve your health, you will also become part of a bigger solution. By choosing to eat food, you will be supporting the people who are fighting to make sure real food continues to be available not only now, but also for generations to

come. You may think I am kidding, but, unfortunately, I am not. Choose to support your health and you choose to support the entire food chain. That is what I call a win-win choice!

In the last 100 years in America, everything has changed about the way food is grown, processed, and prepared. These changes have riddled our food with chemicals and other toxins, turning it into C.R.A.P.--and this C.R.A.P. makes us sick. In this groundbreaking book, learn how to skip the C.R.A.P. (Chemically-Ridden, Altered Products), and follow Cari Schaefer's 21-Day Diet Detox to find lasting health with real nutrition. "It isn't the kind of diet we eat that matters, as much as the quality of what we eat that makes the difference to our health. C.R.A.P. contributes to both physical and psychological illnesses, including: heart disease, diabetes, obesity, depression, anxiety, and even cancer. We have forgotten the reason we eat, which is to nourish our bodies and minds to grow and thrive. The sad truth is that even if you try to eat healthy, these changes still show up on your dinner table. In Schaefer's holistic medical practice, she has helped many people halt or reverse illness by returning to eating real food (instead of food stuff). Let her teach you how to use nutrition as a healing tool. Based on over 16 years of clinical practice and research, The Food Solution shows you how to identify, find, and eat food. With the 21-Day Diet Detox, the transition is easy because it can be tailored to fit your unique lifestyle. In this book, you'll receive nutrition facts, shopping lists, meal plans, and recipes. If you're overweight, feeling tired, suffering from a health problem, or just need a tune-up--this book will jump start your life-long journey of healthy living.

I found The Food Solution at a time when I was absolutely READY for a change in my life. This book was the perfect road map. I've never seen a more comprehensive guide for finding food that is additive free, and truly nourishing. The author recommends a down to earth whole food diet, without pushing any food agendas about veganism or paleo. She offers education on what is actually in our food, and how to find the cleanest food available. After reading through it, I embarked on the "diet detox" which is not so much a "cleanse", but more of an elimination diet, designed to clear out your system of common trigger foods. Foods that you may have a mild allergy to, that may be causing you to hold onto excess weight, experience aches and pains, have foggy thinking, lethargy, etc.

After 3 weeks on the diet detox, I was 15lbs lighter, and my back and knees are pain free! Now, 5 weeks later, I've lost 3 more pounds, and I've discovered that dairy and I don't get along as well as I thought we did! I honestly have more energy! I feel better than I have in years! Bringing my diet back to basics has really helped me get over my sugar cravings too! I would highly recommend this book to anyone who wants to create lasting change, with a logical, fad free, whole foods way of eating.

I'm a certified holistic health coach and I feel very confident in referring my clients to this book as a foundation to understanding and implementing sustainable lifestyle habits which lead to optimal health. I especially appreciate how the facts in the book are well supported with specific resources and current research. This book is not about fads or quick fixes; this is about long term health habits.

For a dedicated cook with supreme self-discipline, this might work, but it's too hard for me and not what I expected. I thought there would be more recipes, and more variety. I returned it, but for others it may be just the thing.

I cannot put this book down! It's so informative and reminds me what I put in my body is SO important! You are what you eat. I am reminded that my depression and lack of ambition has a lot to do with my diet and the bread and large amount of sugar I consume. I want to be the best and healthiest version of myself I can be and this book helps me do that! Thank you Cari!

After witnessing a transformation of a close friend a ordered The Food Solution. I took the invitation to do the 21 day detox. At the end of 21 days I had lost 20lbs. But that's not the only result. More important to me was how I felt. Stomach aches that I've had most of my life are gone. I'm sleeping much better, my skin is glowing and I can literally feel the life force of real food running though my body. I won't ever go back to my old eating habits. I'm attached to this new way of being. Thank you for this wonderful book and promoting good health.

It's great. I really enjoyed the amount of information I was able to take away from it about chemicals and pesticides in our food. I was aware of but felt like there was very little I had the power to do. She provides solutions that involves you and your body. Great read. I'm glad I read it.

This book is very informative and has given me clear answers on why it is best to eat organic, and that the quality of the food that we eat is the most important thing. I found it very useful and easy to read

I absolutely love this book. I wish I had had a book like this 15 years ago when I was first diagnosed with food intolerances, struggling with acid reflux, and difficult to manage seasonal allergies. A few years ago I began seeing Cari Schaefer in her private practice and have seen huge improvements in my own health. I am so excited that the public can now gain the knowledge that I receive as a client (and the book answers so many more questions that I would have never thought to ask!). The Food Solution is well researched, which I appreciate being a Masters student studying Clinical Psychology, and Cari also incorporates her years of clinical expertise to give the reader the greatest amount of information possible. The best part is that she writes in the same caring, compassionate, supportive voice that I experience as a client with her in person. This is not a traditional ÄfÄçÄ à ¬Ä ËœdietÄfÄçÄ à ¬Ä â„¢ book; it is so much more. The information can certainly help you lose weight if you need to, but this book, in my opinion, is more about improving your quality of health to improve your quality of life. If youÄfÄçÄ à ¬Ä â„¢re tired of quick fixes and never feeling your best, read The Food Solution. Stop the dieting cycle and read a book from trusted expert in the field that will give you the knowledge to make positive changes in your life. There is something every reader can take away from reading this book. Cari was able to improve my health more than I ever thought possible, I trust and admire her as a professional, and I love her book so much that IÄfÄçÄ à ¬Ä â„¢m buying several copies for my friends!

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