



Food Addictions: How to Heal

Heidi Tungesvick

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From sugar and caffeine to unmentionable chemical additives, food Addiction is a struggle common in the modern world. Unfortunately, conventional wisdom gives us little we don't already know. Eat less, exercise more. If it was really that easy, then why are so many Americans still sick and over-weight, and obesity rates still climbing? This is a large complicated topic. Thankfully, Heidi Tungesvick has created a simple and easy, do-it-yourself 13-point protocol will be life changing. Life is meant to be enjoyed. This food addiction protocol is designed to be fun and pleasurable. Learn how to utilize: • Nutrition • Herbalism • Help from your Guardian Angels • Essential Oil Therapy • And much more Drawing on her studies in the areas of Herbalism, Aromatherapy, Energy Medicine, Nutrition, and Angelology, Heidi combines years of research in one easy to implement protocol. With these tools, you will create the brilliant and vital life you were meant to live.

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