

## **Nighttime Eater: How to Manage Nighttime Eating and Binge Eating Disorders with Quick Easy Whole Foods Low Cholesterol Gluten Free Superfoods**



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How Can You Go Wrong With Superfoods-Only Diet? When I was overweight, I was usually hiding my nighttime eating. But after I have lost weight and learned so much about processed foods, hormones, inflammations, Superfoods and hunger cues, I m not hiding my nighttime eating. I figured out that I can t stop my nighttime eating, I need it, I love it and it s so comforting: -). So I accepted that and worked it out in my Superfoods diet. Don t be afraid that you will gain weight if you eat before bed time. Don t be afraid that it will turn to a binge. If you are natural nighttime eater, I would suggested to accept that as a part of who you are not fight this urge to eat before sleep. Accept it and live with it, you re not alone. But don t go into a binge, don t eat refined carbs or any carbs and follow my advice what to eat. FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer - they re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. - Hippocrates 460 - 370 BC The best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It s nearly impossible to lose fat...

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