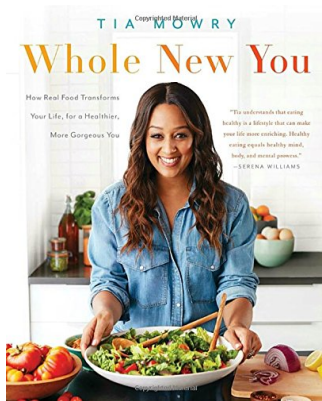


[PDF] Whole New You: How Real Food Transforms Your Life, For A Healthier, More Gorgeous You

Tia Mowry - pdf download free book



Books Details:

Title: Whole New You: How Real Food

Author: Tia Mowry

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Description:

From the star of the Cooking Channel's *Tia Mowry at Home* comes a timely clean-eating cookbook that will change the way you think about what you eat and jump-start your

journey to a healthier, more gorgeous you.

When actress Tia Mowry landed her breakthrough role on the sitcom *Sister, Sister*, she swapped home-cooked meals for catering spreads. But her teen-dream diet of candies and carbs turned into a nightmare when she developed endometriosis, a painful disease that affects one in ten women worldwide. Two years and two surgeries later, some surprising advice from her doctor inspired Tia to radically change one of the most basic elements of her life: her diet. After ditching the dairy and the refined sugars and processed foods, Tia's pain receded drastically. What's more, her migraines stopped, her skin cleared up, and she was finally able to get pregnant. Drawing on the latest research on whole plant foods, inflammation, and gut flora, *Whole New You* chronicles Tia's journey to wellness and provides all the resources you need to feel better, including

- a ten-day menu plan to begin your healthy life
- more than 100 delicious recipes
- lighter versions of your favorite comfort food recipes, including "Buttermilk" Fried Chicken and Crispy Collard Chips
- healthy recipes for your kids
- tips and tricks for eating on the go
- complementary approaches, such as acupuncture and yoga, for whole body healing

Like a trusted friend, Tia recounts both her setbacks and her triumphs—and shows you how to listen to what your body is telling you. With *Whole New You*, your healing begins now.

Praise for *Whole New You*

"Simple and flavorful . . . Readers looking to jump-start a healthier diet will find this book encouraging and useful as both coach and guide."—**Booklist**

"I'm on the go 24/7 and am always in search of healthy, easy meal options. This book delivers with maximum flavor every single time."—**Morris Chestnut, actor and author of *The Cut***

"No one ever said healthy meals can't be prepared in delicious ways, and my friend Tia shows us that she is the one to make that happen!"—**Chloë Grace Moretz, actress**

"Tia [Mowry] understands that eating healthy is a lifestyle that can make your life more enriching. Healthy eating equals healthy mind, body, and mental prowess."—**Serena Williams**

"*Whole New You* is a must-read for anyone who wants to eat better, live healthier, and learn something along the way. Tia's recipes are so delicious and this book definitely had me going back for seconds!"—**Naya Rivera, actress, mom, and author of *Sorry Not Sorry***

"Tia's passion for creating a sustainable, happy, and healthy lifestyle is contagious. *Whole New You* empowers us to transform our health in a fun and easy way. Her personal story of transformation and recovery inspires us to get in the kitchen, enjoy the process of cooking, and start living radiantly well."—**Tara Stiles, founder of Strala Yoga**

"Tia Mowry has a wealth of knowledge that will change your life. With this book, you can fuel your body with delicious recipes that will help you function at your best so you feel *amazing*! Buy ten copies and share them with your friends! I will be sharing her book with everyone."—**Jeanette Jenkins, founder and president of The Hollywood Trainer LLC**

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