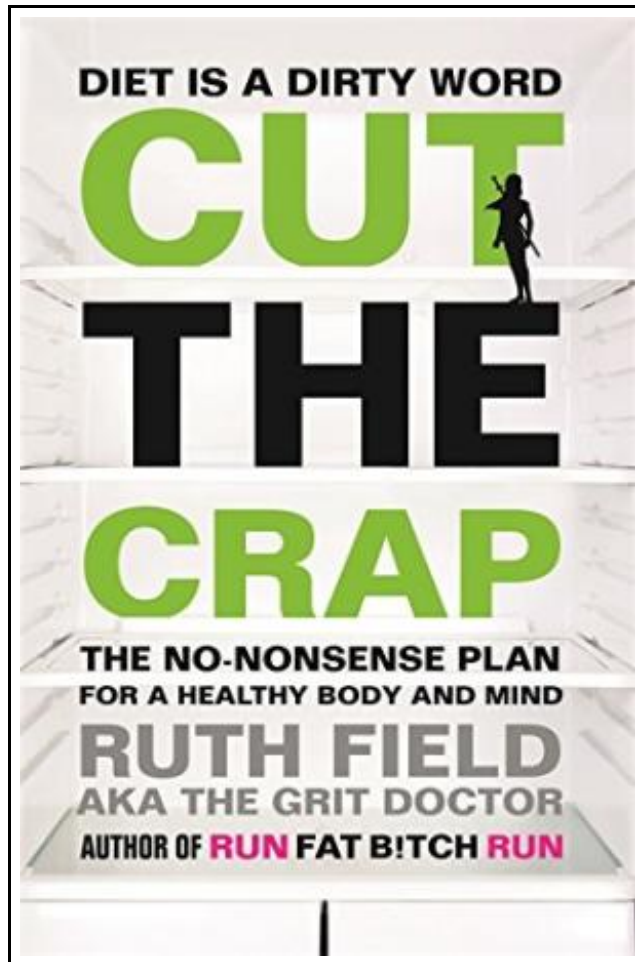


## Cut the Crap: The No-Nonsense Plan for a Healthy Body and Mind



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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Cut the Crap: The No-Nonsense Plan for a Healthy Body and Mind, Ruth Field, The Grit Doctor is one tough task-mistress .First she instructed us to lace up our trainers in RUN FAT B!TCH RUN Then she told us to clear the clutter in GET YOUR SH!T TOGETHER Now she is ordering us to CUT THE CRAP and get real with our eating habits Should you go gluten free? Does detoxing work? What exactly is a superfood? Does healthy eating have to involve obscure ingredients and complex recipes? If you're confused by increasingly complicated - and contradictory - nutritional advice, it's time to call in Ruth Field and her formidable alter-ago, The Grit Doctor. With her familiar tough-love style and wicked sense of humour, The Grit Doctor will demystify and simplify healthy eating, enabling readers to see past the bullsh!t and make practical and tasty choices for themselves and their families. Cutting the crap is just as much about eliminating unhelpful and unhealthy pseudo-science as it is about reducing your waistline. In CUT THE CRAP, Ruth Field will empower readers to ditch faddy diets for good and instead embrace a realistic, sustainable and enjoyable healthy eating plan. This isn't a diet, it's a way of life.

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