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Fart Free Vegan: Food Combining For Detox, Weight Loss And Energy



Synopsis

A Fart Free Vegan is a Healthy Vegan! Are you following a healthy raw or vegan diet and failing to see the success or improvements that you expected? Are the nutritious foods you're eating making you bloated and full of gas? Did you know that your digestive system is designed to break down foods in a precise way? No matter how healthy the food you are eating, you will have gas and bloating if you break these rules. In *Fart Free Vegan: Simple Food Combining Guide for Detox, Weight Loss and Energy* you will learn:- How food combining impacts your health and weight- What causes gas and indigestion?- The classifications of foods and how the body digests each category differently- A quick tour of your digestive system while it breaks down a typical vegan meal- The 5 simple food combining rules for a happy belly- 5 common vegan food combining mistakes that create gas Plus a free bonus: a printable food quick reference chart with foods classified by digestive category and food combining rules to keep at your fingertips. This book will introduce you to the science of food combining customized for a vegan diet. You'll understand how your digestive system works and what happens when incompatible foods are eaten in one meal (GAS!). Our digestive system developed before we had buffets, grand slam breakfasts, drive-thru fast food and four course dinners. This book shows the way food needs to be eaten and in what combinations to have optimal digestion, minimal gas and great health. *Fart Free Vegan* will help you get off of the indigestion supplement treadmill. Probiotics, apple cider vinegar, hydrochloric acid, enzymes and charcoal tablets won't cure our indigestion problems. The rules of proper food combining are the foundation of a harmonious digestive system and vibrant health. We may need supplements to pick us up along the way, but the way to optimal health, is to eat in harmony with our digestive system's principles. A Very Simple Change Brings Results No matter how healthy your diet and lifestyle, undigested foods putrefy, ferment, produce gas and indigestion and manufacture toxic bacteria in our gut. This leads to low energy, premature aging, weight gain and poor health. In *Fart Free Vegan*, Jon shares an important tool that he used to reverse a four year case of chronic fatigue. When he first started on a raw vegan diet, it was a dismal failure. He couldn't shake the discomfort of the gas and bloating after every meal. He knew that he had found the right diet, but only by implementing a few simple food combining rules did he see progress towards wellness. Examples include the common food combining mistakes that vegans make every day in their green smoothies, granolas and even their salads. And provides simple methods and alternatives so you can keep eating the foods you love, and lose the gas and indigestion. *Fart Free Vegan* provides solutions which will increase your awareness of the categories of food as determined by our body's ability to use enzymes and gastric fluids to harvest nutrients. The

common vegan foods are categorized and simple rules of combining for healthy and efficient digestion are presented in an easy to follow format. This book is written for raw foodies and vegans, but anyone can benefit from more knowledge of our digestive system. No matter what you eat, combining foods properly for a happy digestive system will reward you with abundant energy, effortless weight control and vibrant health.

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Customer Reviews

I was looking for books on alternative diet information for vegetarians, and found myself on this book's page. The title itself seemed a little strange, but the write-up piqued my interest so I gave it a download. The book has more to it than the title implies, and while sometimes he went off into tangents that seemed a little off point and not my area of interest, there was a lot of info I found both surprising and also at the same time really made sense. It just seemed obvious once he explained it. The light bulb came on about some things I'm surprised I hadn't learned before. He also talked little about his own healing journey, which at times touched into deeper territory. Some of that wasn't

quite for me, but some of it did really speak to me. I plan on re-reading a lot of the book to make sure the important stuff soaked in. And I feel more inspired, enabled and informed to make some good changes around how and what I eat. In short, I wasn't expecting much, but it more than exceeded my expectation, and left me optimistic about making some changes. Glad I bought it.

I follow the paleo thought patterns when choosing my food so I do have meat, but I eat a TON of veggies. This book helped explain some things I've noticed after past meals (gurgling tummy, anyone?) that's caused by not properly combining my foods. With plain English & some insight to the workings of the digestive system, I've picked up MANY useful insights on how to combine food to better fuel my body. The book offers some great insight for the price & I highly recommend it to anyone looking to feel/perform better on every level.

This was a fantastic overview of the digestive system and food combining. I'm eager to begin. I do wish he had been more thorough with listing things in the places where he would say "to name a few" or "for a start." There were some grammatical typos. And I wish he had talked about how things like herbs, spices, and cacao powder fit in. Also, it would be great to have a list of resources at the back for further research! Just some ideas in came Mr. Symons wants to do another edition :)

I'm not vegetarian or vegan but I do eat healthy. I found this book very compelling and informative and recommend it to anyone who wants to understand more about their body and how food is digested and how food affects their day to day activities and attitudes.

thank you Jon, I have been trying to figure out what is wrong with me, why am i tired, bloated and went to doctors, tried so many diets, this amazing book is putting things together for me. I have read a lot of hype and so checked out so many diets so let me say, its up to you if you are like me, searching and trying to get your energy back and stop the bloating, read this book, very important missing link, with a lot of the other info I have from trying to figure out what is wrong with me.

This book helped me understand better how to mix foods and how to improve my digestion. I finished reading it and started implementing just a couple of the suggestions and noticed and immediate improving in the way I feel. You don't need to be a vegan/vegetarian as the author explains the food groups very well. Maybe the only thing I would wish could be better presented was graphic examples as part of the book, but for the price I simply can't complain. The section about

smoothies was very eye-opening, as well as the correct way to classify and mix vegetables. I can see the author providing a follow up with recipes that help us get started in a simple way; that would complement this book nicely. Highly recommended.

"Fart Free Vegan" is a very well written book. I think it's a must-read not only for vegans. It explains food combining rules in a very "digestible" way. I also found the food combining chart very helpful- it was exactly what I was looking for! I'm really glad to have found this book and I'll be recommending it to everyone.

Un 21 an started my vegan journey Like around 4 months ago And I have to say this book was a big step into a better future for me and understanding the digestive system in simple terms. The amount of knowledge given to the reader is way more worth it than the money spent. Hahaha . I have been listening to my body and this book really help me . What it needed was at least one recipe

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