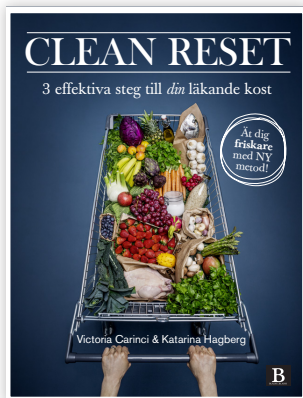


# CLEAN RESET

## – 3 EFFECTIVE STEPS TO A HEALING DIET



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Clean for the rest of your life

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## Clean Reset

Victoria Carinci & Katarina Hagberg, 199p

*Find out what types of food that support, or, alternatively, are counterproductive to your health – and kickstart your healing!*

**D**o you go around feeling only half-well? Do you often get headaches, low energy, or suffer stomach problems? Or do you have clear signs of inflammation in your body, or even have a diagnosis for an auto-immune disease?

Then this is the book for you! It contains a researched and experience-based method to find hidden food intolerances, heal the gut, reduce inflammation and create a diet that is designed especially for you.

Did you know that hidden food intolerances are often the underlying cause of several types of health symptoms? Many of the foods common on our plates today cause inflammation in the bodies of some people. When you unknowingly eat such foods that causes the immune system to react you lay the foundations for illness and poor health.

How would your life be if you were not held back by various health symptoms? With *Clean Reset – 3 effective steps to a healing diet* you can effectively discover if there is something in your diet that hinders you from feeling at your best.

This book consists of a simple and clear program that helps you to systematically find out which types of foods support your health and make you feel well – and which ones disrupt your immune system and cause symptoms of poor health. The program leads up to an individually tested diet that will help you to heal. The correct type of food is nothing other than pure medicine.

You will be able to eat your fill of nourishing and anti-inflammatory foods that make you feel well. You do not need to think about calories and can mix the dietary groups consisting of carbohydrates, protein and fat as it suits you. Which food types to avoid, and for how long, you will find in the form of a clear list. There are also 40 inspiring recipes together with a suggestion of menus during the 14 days of the program when you find out which foods are optimal for you.

The need for Clean Reset – 3 effective steps to a healing diet is great as research and experience shows that many symptoms of poor health can be linked to what we eat. Instead of carrying on for an “eternity” cutting out gluten one week and lactose the next and so on, here is an effective and well-tested method. The method in the book is a simple and cheap way to quickly achieve a strong and positive effect in health and the body.



## About the authors

**Victoria Carinci** is a health coach at the health company Vitalista. She uses the program in working with her clients, to help achieve a calmer stomach, healthier intestine environment and a strong immune system. She also runs the podcast “Health chat with Lotta and Victoria”.

**Katarina Hagberg** has a Masters in bio-medicine from Karolinska Institutet. She is a freelance writer and consultant on digital marketing, specialised in health and medicine.