



Eat Smart Eat Simple

Bo Wagner

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Your daily choices regarding food selection, food combining, proper nutrition and health can majorly affect your life. To learn about proper food choices, correct digestion, good nutrition and positive suggestions for achieving total body wellness, this is it - a comprehensive but simplified book from Dr. Bo Wagner D.N.M., Ph.D, that provides the steps, charts and facts you need to have to properly eat for optimal health. It includes simple, practical tips and informative guidelines to help everyone be aware of their choices and correctly consume the best foods for them.

Eat Smart Eat Simple describes our current state of health and how to achieve and maintain a youthful, vibrant existence with energy and great health for your entire life. Highlighted topics include healthful food choices for your body and blood type, Gluten and Casein Free dieting, combining your healthful food choices correctly, allowing the body to process meals with digestive ease using smart pH balancing, smart food portions and natural weight management.

In this book, readers will find:

- Charts with guidelines for digestive rules for each blood type
- Gluten Free guidelines and gluten free food charts
- Helpful gluten free websites
- Why to live dairy and casein free
- Explanations on incompatible food combinations
- Smart food combining charts for each blood type
- Alkaline and acid food list for proper pH balancing
- Tips on cooking, consumption and digestion

By following the principles of *Eat Smart Eat Simple* you should notice a reduction in gas, indigestion, heartburn, acid reflux, allergies, sinus problems, constipation, diarrhea, bloating, fatigue, mood swings, insomnia, weight gain and food intolerances. Instead, you should be rewarded with better health, increased energy, trim bodies, improved sleep and an overall state of well-being and vitality.

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