

Get Well with the Hay Diet



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The Hay diet, devised by an American surgeon named William Hay, involves separating carbohydrate meals from protein meals, enabling the body to digest food more easily. Using an easy-to-follow outline of food combining, complete with meal suggestions and food lists, this book will explain how to recover from digestive problems, low blood sugar levels, candida, allergies, food intolerances, and other illnesses by adapting everyday eating patterns to the Hay diet. With details of symptoms in each case, advice on diet and nutrition, and guidance on the Hay diet itself, the book clearly shows how full health can be restored in a remarkably short time. It also explains how weight can be controlled with the Hay diet. Get Well with the Hay Diet is an excellent resource for those who feel constantly under par, fatigued, or vaguely unwell and do not understand why.

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