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# The Feel Good Handbook



## Synopsis

"A survival guide for anyone that is sensitive to MSG or other food additives". It includes, in layman's terms, a host of information regarding where MSG and other dangerous food additives can be hidden in your food and cosmetics, as well as, hundreds of references for medical professionals, websites, and other resources. A menu and shopping planner, suggestions on how to do a modified elimination diet and other "survival tools" are also included

## Book Information

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## Customer Reviews

After reading "The Feel Good Handbook" (that's MSG FREE's - New Title) I realized how TOXIC I was. I started to clean out my system according to the books guidelines and "hidden sources" lists! What an incredible difference eating correctly does for your body! I've lost 48lbs!! My symptoms were as normal as the next person's (migraines, digestive problems, bloating, heartburn, anxiety, depression) after I ate a favorite meal or anything for that matter. It's been a living hell!!! With the help of "The Feel Good Handbook" I've realized how sensitive I truly was to the nasty affects MSG has on my system - and everyone else's!! Thanks Annie for getting the TRUTH out about those nasty excitotoxins and "free glutamic acids" in our food supplies! Check your labels everyone - THIS IS FOR REAL!!!!!!

This book finally opened my eyes to what was causing a huge amount of problems I was experiencing. Headaches, stomach problems, sleeplessness, anxiety; I thought I was going to have a heart attack once! My doctor was treating me for "stress" related disorders and I was better,

however continuing to suffer only milder symptoms. After reading the book, I carried around the "hidden sources list" with me when I went shopping. It was amazing how many of the items on this list appeared on packaged food labels! Even "fresh" items like cheese and dairy products! It took a few weeks to see improvement because we had to sort out the good from the bad in our cupboards following the book's advice. Once we did, not only did my headaches and bellyaches go away, so too did my husband's! I was shocked and amazed - "one ingredient" could cause so much pain. This book is a must buy if you are MSG sensitive!

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