



It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways

Dallas Hartwig, Melissa Hartwig

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**IMAGINE YOURSELF HEALTHIER THAN YOU EVER THOUGHT POSSIBLE.
IT STARTS WITH FOOD.**

It Starts With Food outlines a clear, balanced, sustainable plan to change the way you eat forever—and transform your life in profound and unexpected ways. Your success story begins with the Whole30®, Dallas and Melissa Hartwig’s powerful 30-day nutritional reset.

Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, enhanced quality of life, and a healthier relationship with food—accompanied by stunning improvements in sleep, energy levels, mood, and self-esteem. More significant, many people have reported the “magical” elimination of a variety of symptoms, diseases, and conditions in just 30 days.

- *diabetes*
- high cholesterol
- high blood pressure
- obesity
- acne
- eczema
- psoriasis
- chronic fatigue
- asthma
- sinus infections
- allergies
- migraines
- acid reflux
- Crohns
- celiac disease
- IBS
- bipolar disorder
- depression
- Lyme disease
- endometriosis
- PCOS
- autism
- fibromyalgia
- ADHD
- hypothyroidism
- arthritis
- multiple sclerosis

Now, Dallas and Melissa detail not just the “how” of the Whole30, but also the “why,” summarizing the

science in a simple, accessible manner. *It Starts With Food* reveals how specific foods may be having negative effects on how you look, feel, and live—in ways that you'd never associate with your diet. More important, they outline their lifelong strategy for eating Good Food in one clear and detailed action plan designed to help you create a healthy metabolism, heal your digestive tract, calm systemic inflammation, and put an end to unhealthy cravings, habits, and relationships with food.

Infused with the Hartwigs' signature wit, tough love, and common sense, *It Starts With Food* is based on the latest scientific research and real-life experience, and includes testimonials, a detailed shopping guide, a meal-planning template, a Meal Map with creative, delicious recipes, and much more.

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Isabel McNeal:

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