

With 22
inflammation-fighting
recipes for clearer skin,
better digestion, and a
thriving thyroid

A tall, elegant glass filled with a vibrant yellow liquid, likely a juice. A single, large, curly green leaf is perched on the rim of the glass. The word "the" is written in a cursive font over the top of the glass, and the words "WELLNESS PROJECT" are written in a large, bold, sans-serif font across the middle of the glass.

the WELLNESS PROJECT

How I Learned to Do Right by My Body,
Without Giving Up My Life

PHOEBE LAPINE

Phoebe Lapine

The Wellness Project: How I Learned to Do Right by My Body, Without Giving Up My Life



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For those battling autoimmune disease or thyroid conditions After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine sensed overwhelmed by her doctor, the voice behind the favorite blog Feed Me Phoebe shares her yearlong investigation of what truly produced her well-being, including eliminating gluten, switching to all-natural cosmetics, and getting in touch with her spiritual part or just seeking healthy life balance. It's strict protocols and confused when they directly conflicted with details on the bestseller list. It's a must-read not just for those experiencing autoimmune disease, but also for anyone looking for simple methods to improve their health without sacrificing life. Component memoir and part health and wellness primer (filled with 20 healthy dishes), it's The Wellness Project is the insightful and hilarious consequence of that calendar year of exploration to discover which lifestyle changes truly impacted her health for the better. After suffering from mixed results and a existence of deprivation that seemed unsustainable at greatest, she adopted 12 of her personal wellness directives & pleasures.



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Insightful in so many levels! I know I will come back to this publication again and again, and recommend it to anyone and everyone.. Really, the parsnip soup has gone out of this world. Insightful in so many levels! This reserve captures the spirit of young women everywhere striving for balance in a complex globe. Impossible to learn without learning something and at exactly the same time getting influenced to explore. She breaks each chapter down into very doable and understanding sections. The information she includes helps guide the reader toward what forms of wellness efforts might be most important to them or worth the investment in cash/time. I have to let you know that the last set of labs I acquired were astounding. I certainly recommend it. boring I found the book pretty boring. A little over this past year, I was diagnosed with hashimotos and Type 1 Diabetes. My doctor provides put off placing me on thyroid medication for a little longer because my labs stabilized and he experienced I might not want it. The recipes are not only amazing and very accessible, however the writing is also excellent. It has made my journey of healing feel a lot more manageable and more like an opportunity to pursue an overall better well-being. However, the many cultural references had been a real stumbling block for me personally. Informative, but. I came across Pheobe's reserve and browse it cover to cover about 8 weeks ago and actually systematically incorporated the guidance into my daily procedures (within budget and without, you know, compromising hedonism). Personally i think tons better and I simply signed up to perform a fifty percent marathon in March - something I never could have even done pre-diabetes and hashimotos. I am thankful that book was released in regards to a week after I was diagnosed with Celiac's. I would highly recommend this reserve to anyone seeking to enhance their health through way of life habits. It really impacted my awareness, and today I feel such as a much better informed consumer. Phoebe Lapine gets right to the center of what I am feeling emotionally and will be offering real, actionable details. Very happy that I discovered this gem! - now Personally i think optimistic. Because of her publication I've detoxed my diet plan, cleaned up my medication cabinet and regarded "pantry hoarding" in a number of areas of my entire life. This paragraph slays me: Your Body's Many Cries for Water: As I began reading through to the long-term ramifications of dehydration (and believe me, there's no drier subject on the planet), it didn't consider me long to stumble upon the work of Dr. F. Batmanghelidj. Despite the fact that his publication Your Body's Many Cries for Water was harder to get through than Ulysses, it's sold an incredible number of copies world-wide!! Entertaining and informative The author has a great voice and covers an array of topics that I've taken with me to help lead a healthier lifestyle while still have fun. The author has this audience at heart as she writes about her yearlong trip of discovering the most practical ideas toward thriving and not simply surviving, even with an autoimmune disease. it's also perfect for those who are struggling to keep up a stability between health and hedonism, that i believe is virtually everyone. Pheobe did an excellent job of making change approachable rather than disruptive. Items some doctors told me were degenerative and irreversible actually showed improvement! Continue the good function. Phoebe lays out the reserve in particular sections for every step of her journey that include key takeaways at the end of each chapter that are easy to make reference to at a later time. Before I began reading The Wellness Project I was feeling overwhelmed - how can I be healthy in the real world I live in? Excellent. I did get some good details and intriguing tips. A candid and wonderfully available story with witty anecdotes and intensely useful information, The Wellness Project should be on everyone's reading list.! reading the reserve felt like having a vintage friend navigate and provide advice on what is an otherwise intimidating task. I am so content this book exists. Fun, helpful read I really like just how she presented tons of helpful details. Phoebe's publication is well-rounded, thoughtful and humorous while she tackles very real wellness worries. The information provided by medical and wellness world could feel overwhelming, specifically to individuals simply beginning their trip towards better wellness. She explains ideas in easy to comprehend terms and also includes humor and pop lifestyle references along the way. I appreciate that she was willing to share her experiences with different varieties of healing methods and shed light on the effectiveness a few of these

more choice methods may provide. She also includes nutritious recipes by the end of each chapter which correlate to the chapter's concentrate. This book captures the . A lifestyle modification you can live with This book was completely life changing! There are so many "wellness" books that just focus on one part of your life, or they need you to lower EVERYTHING out of your life. I have implemented a lot of her suggested adjustments and also have had great results. I came across this book to become a pleasant read filled up with some really wonderful details. And what a joy to read a well-written wellness reserve with a sense of humor! I've were able to find balance in my crazy life because of this guide book. Give it a try!!!" I unequivocally recommend!! Actually life-changing. I bought it to learn how exactly to have a balanced diet whilst having a busy lifestyle. so this could be a good publication for somebody who knows nothing at all or very little about nutrition/health. This book is not actually helpful with that, yes it offers certain advice and suggestions but many of them I understood, and some of these aren't even predicated on actual science or analysis. overall not worth buying. Wonderful book and AMAZING recipes!! I simply finished The Wellness Project and I totally loved it. We've cooked 4 or 5 5 dishes from it plus they have ALL been Astounding! I also downloaded Phoebe's Low FODMAP ebook a few weeks ago!!! My husband is loving the healthful change and doesn't even have any stomach issues to contend with. I've recently been identified as having SIBO so that it was such a alleviation to find her blog post about any of it and the amazing recipes. Great read! I'm going to be searching for Phoebe's cookbooks for sure!! A satisfying read and great reference! The chapters are created in a way that you may take them into your daily life one step at the same time. They demonstrated that I am making more of my very own insulin than I was some time ago... This book is brilliant! I don't reside in New York, and I'm most likely a bit older than her market. This book will change that. You don't know very well what you don't find out about what you're investing in to the body. It gave me so many answers to hormone wellness, nutrition, etc. Phoebe Lapine's composing is incredibly engaging; I am in fact likely to read it a 2nd time it was so informative! Definitely one of my all time favorite reads due to the writer's realness, honesty, relatability, and profound diction. You don't know what you don't know I didn't know what to expect when I first ordered The Wellness Project, but it surely blew my mind. I consider myself an extremely health conscious person, but the writer highlights some major areas of wellness neglect that I didn't understand I was guilty of. I go through it front to back two days and then actually took actions. This Publication Is A Godsend This book is a godsend. LOVE LOVE LOVE So grateful I found this publication! It's a mystery if you ask me why any writer would limit her readership in this manner. Highly recommend! Such a great read! A perfect go through for anyone on a wellness journey Anyone who's seeking a wholesome lifestyle can benefit from reading this book - whether or not you have a medical diagnosis. I was just starting to explore changing my lifestyle and seeking wellness when I examine this book. The author writes in such a way that is not mind-boggling, and she honestly addresses the difficulties of changing a life style in a busy globe that is focused on convenience. A great and informative read This book isn't just ideal for someone fighting autoimmune/ thyroid issues; If you trim out everything, what's the point of anything? Even if you are just interested in a cleaner lifestyle, that is an excellent read!



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