

## Eat Clean. Piss Glitter.: Bitch Slapping Fat, Disease and Infertility Through Food and Love.



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### ***Reviews***

*This publication is really gripping and fascinating. It is among the most amazing ebook i have study. I am just quickly could possibly get a satisfaction of looking at a written ebook.*  
*(Dr. Earl Harber)*

## **EAT CLEAN. PISS GLITTER.: BITCH SLAPPING FAT, DISEASE AND INFERTILITY THROUGH FOOD AND LOVE.**



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Deep down, I am a fat kid. My thighs want chocolate cake, my abs need greens. Being healthy and happy in my own skin has never come easy to me. I ve never been accused of being too thin, my body likes to attack itself and deep, deep down if I could bathe in Pop Tarts, I would. Bowls and bowls and bowls of Organic cereal used to be my way of eating healthy. But, after being diagnosed with Rheumatoid Arthritis (RA) and choking down a bottle of pills a day just to be able to function, let alone compete as a D1 athlete at UCLA, I called bullshit on modern medicine and began researching my disease on my own. I quickly discovered that my diet was far from healthy and actually contributing to, if not causing my disease. I changed my diet and within days, every RA symptom I had was gone. I went on to dedicate my twenties to experimenting with my body when it came to eating, working out and finding a goddam way to be happy in my skin. When I was told I probably wouldn t get pregnant on my own, I opened up my witchcraft-ery research lab, tweaked my diet again, and boom, preggers! So this really is a story about bitch slapping fat, disease and infertility through food and love. Our food is medicine, and our love for ourselves is the most potent tonic of all. I consider this to be my book of spells to share with any beezy who will listen what I have learned over the past ten years. This is what I eat, why I eat it,...

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