

## The Dirty Diet Ditch The Guilt Love Your Food

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***The Dirty Diet - Ditch the Guilt, Love your Food - Explainer*** A fun video to explain some of the basics about the new plan from Kate Harrison.

***Kate Harrison talks about why she wrote The Dirty Diet ditch the guilt & love your food March 2018*** Kate's a **diet** sceptic who never thought she'd write a **diet** book. But this story has a happy ending - for her and 1000s of people ...

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***Mayo Clinic Minute: Low-carb diet findings and cautions*** A new Mayo Clinic study shows low-carbohydrate **diets** are slightly more effective for **weight loss** than low-fat **diets**. "Our review ...

***Live Happy Eat Dirty 2*** Fed up with over-hyped and overpriced 'superfoods'? In the second episode of our brand new podcast, we look at some ...

***STL Moms - Ditch the diet*** Trying to drop a few pounds or more? Jen McDaniel, a dietician from the Academy of Nutrition and Dietetics, visits Fox 2 News in ...

***My "dirty diet" secret*** Want to know my secret about my 21 day fix **diet**?

***The 5:2 Diet Podcast with Kate Harrison Episode 20*** The first episode of the 5:2 **Diet** Podcast for 2018 comes with exciting news. Kate Harrison explains how the podcast is going to ...

***"How Do I Lose Weight Before Coachella?!" | Ditch the Diet Talk with Whitney, RDN*** I talk about why Coachella diets DON'T work and how

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to stop yourself from crash dieting before a big event. In this video, you ...

**Kate Writes Books** I'm an author, a 5:2 **diet** practitioner (it'll be 8 years in 2020) and a lover of words - reading, writing and communicating.

**Ditch That, Eat This: 7 Go-to Dirty Keto Meals and Snacks Made Clean** You may have heard of “**dirty** keto,” the version of ketosis that involves **eating** whatever you want as long as you stay under your ...

**The Harmful Effects of Yo-Yo and Crash Dieting** Do not fall into the yo-yo **dieting** trap! By depriving your body of the nutrients it needs you lose muscle and health which will lead to ...

**Ditch the Diet Club Lesson 2: Maximizing Volume & Nutrition** In this lesson, you will learn why calorie counting is problematic for many people and how you can satisfy your stomach with ...

**Live happy, eat dirty Episode 1** Welcome to Live Happy, Eat **Dirty** - a podcast full of quick and **dirty** health and **diet** ideas for real people, hosted by me - Kate ...

**DITCH THE DIET** My mini series of how to start your journey into Intuitive **Eating**. This Vlog focuses on Step one, Ditching the **Diet**. I hope you enjoy!

**A Dirty Diet But A Clean Shave - Vlog 06** So I've had just over 2000 views in the first 2 weeks of my Vlogs, which makes me a very very happy man, In my latest Vlog I take ...

**Intuitive Eating: How I Help My Clients Ditch The Diet For Permanent Weight Loss** I'm Jennifer Dene, founder of Jennifer Dene Wellness and mindbodybride.com - the Anti-**Diet** Wedding Wellness Guide.

**Fat Fasting vs Water Fasting on Keto** Ditch the keto confusion and get simple, reliable answers in my NEW book, Keto Answers.  
<https://www.ketoanswersbook.com/>

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