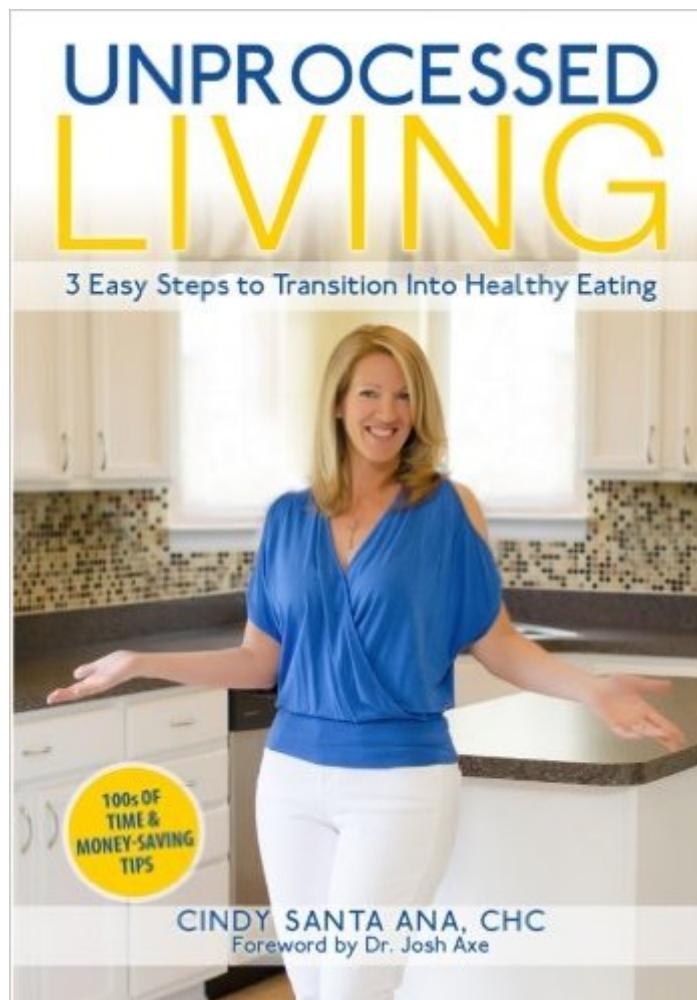


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# Unprocessed Living: 3 Easy Steps To Transition Into Healthy Eating



## Synopsis

Are you suffering from low energy, unwanted pounds and minor health concerns, like high cholesterol, headaches or allergies? It could be the food you are eating. Do you want to ditch processed foods, but don't know where to start? Unprocessed Living will teach you how to:

- Spot ingredients that are wreaking havoc on your health
- Swap your unhealthy staples for more nutritious versions
- Save time and money on healthy food
- Prepare quick, nutritious meals that your family will love
- Over 100 healthy recipes to get you started! Plus, learn how to eat healthy when dining out or traveling, how to get your family on board and how to get your kids to eat healthy as well. You'll also learn how to keep a healthy home, where you'll learn how to choose safer personal care and cleaning products and items around the home.

## Book Information

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## Customer Reviews

This was one of the very first books that I saw come across my Facebook feed and I'm so happy I purchased it. Full of excellent information on how to live a life "unprocessed!" Pick up at least 2 of these books- one for you and one for a friend, you will not be disappointed. I will use this book as a constant reference from now on. Great job Cindy!!

Trying to remove processed food from your home and diet can be overwhelming for many and this author has taken a complex top and simplified it! She gives you the info you need and recipes that are easy to follow. This book keeps it simple and do-able!

Unprocessed Living is a fresh look at how traditional food guides and training have led us astray and left us for broke (physically and nutritionally) with simple and practical solutions for healing. Cindy's personal story makes it tangible and relatable -- something that anybody could achieve if they try hard enough...by following the steps she clearly outlines in the book. A must read for anybody who is ready to claim their health!

I have this book and most of the recipes are quite easy for a busy mom on a weeknight. The author breaks everything down in easy to follow steps and doesn't make the changes too scary or overwhelming. My children loved the super easy drumsticks recipe!

So here you are a busy mom and you have used processed foods for a few years....in a way to make dinner faster, but now you find your health or your children's health is being changed by this, so it's time to make your own change for the better, but how? Follow this author's 3 steps. First: educate yourself and your family Second: swap out things you were eating with new things Third: Follow the tools in Cindy Santa Ana's easy to follow recipes. When you are just starting out on the journey of eating unprocessed food, the things that are hard to figure out are the food labels, what to eat when eating out and grocery shopping, guess what Cindy Santa Ana has your back and she will support you in your process of eating unprocessed. Great read, and easy to follow recipes.

Cindy has a knack of taking a somewhat complicated topic, breaking it down into simple to understand jargon on why we need to remove processed foods from our lives, and offers easy to follow yummy recipes your family won't know is good for them unless you tell them, which I haven't yet! I am looking forward to her next book!

I too grew up in the era where food manufacturers took over our healthy food supply, filled it full of chemicals and put it on the shelf. Learning to eat unprocessed foods is not easy in our society, but it can be done and Cindy provides easy swaps, meal plans and recipes that support the "unprocessed" way of life. I hope everyone will make one change a day in what they buy, where they buy it and what they eat to reduce or eliminate the processed foods. This book has great ideas for how to get there.

This is one of those books that I'd love to see if every doctor's waiting room and adult education forums. So many people are growing up without an understanding of what the processed foods are

doing to us. So many people could benefit from the simplicity of this book. With high school graduation time getting closer, I would highly recommend this as a graduation gift to help guide our young people who will be stepping out on their own and trying to find a healthy balance in a world that pushes them towards products instead of food!

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