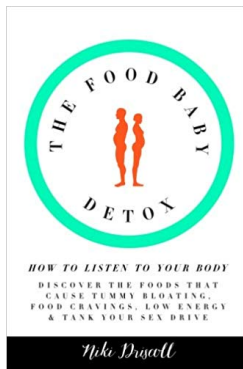
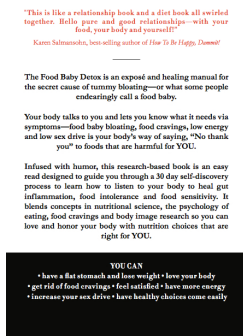


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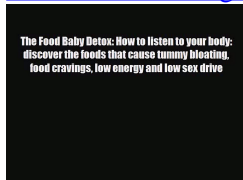
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This is the relationship book and a diet book all in one. It's together. Hello, pure. Hello, pure relationships with your food, your body and yourself!

Karen Schuman, bestselling author of *The 75:25:25 Diet*

The Food Baby Detox is an exposé and healing manual for the secret cause of tummy bloating—or what some people endearingly call a food baby.

Your body talks to you and lets you know what it needs via symptoms—food baby bloating, food cravings, low energy and low sex drive is your body's way of saying, "No thank you" to foods that are harmful for YOU.

Infused with humor, this research-based book is an easy read designed to guide you through a 30-day self-discovery process so learn how to listen to your body to heal gut inflammation, food intolerance and food sensitivity. It blends concepts in nutritional science, the psychology of eating, food cravings and body image research so you can love and honor your body with nutrition choices that are right for YOU.

YOU CAN

- have a flat stomach and lose weight • love your body
- get rid of food cravings • feel satisfied • have more energy
- increase your sex drive • have healthy choices come easily



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FOREWORD

Unlike real babies, you can show signs of a food baby after just one meal. But, the good news is that it doesn't take nine months to form a food baby tummy. The Food Baby Detox teaches you in 30 days how to self-discover the foods that are harming your body. It's the ultimate guide for following your gut instincts—your digestive gut and your intuitive gut.

Niki educates you on why you may ignore your gut and feel down instead of good for you food. She teaches you how to break the cycle of eating these harmful foods—what she calls bad boyfriend foods. You know the foods that lie to you, manipulate how you feel and keep you coming back for more. No more! I might call them Prince charming foods, based off my Oprah.com recommended book, *Prince Harrying James*.

This is like a relationship book and a diet book all wrapped together. Hello pure and good relationships—with your food, your body and yourself!

The core message is timeless—you must love yourself and treat yourself healthy!

Karen Schuman
Bestselling author of *The 75:25:25 Diet*, Founder of the 75:25 Program

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