



The Health Chic Guide: Hip, Fun & Delicious Living

Wendimere Reilly

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Do you worry about global warming...but aren't quite sure that your car will run on used vegetable oil? Do you like the idea of healthier foods but prefer to steer clear of twigs and leaves in your breakfast bowl? Then this is the book for you! Reilly's approach to eco-conscious, healthy and whole living offers a world where chocolate, beer and hemp underwear make the world a better place. The Health Chic Guide: Hip, Fun & Delicious Living, outlines simple ways to incorporate healthy and environmentally friendly choices into everyday living. Drawing on her own experiences, Reilly's suggestions are down-to-earth, straightforward, and user-friendly. Reilly, sold her natural health store, bought a 19ft Airstream and along with her husband and two dogs traveled across the country in search of the best in healthy living. Reilly, a former sugarholic and fast food junkie is passionate about introducing others to whole living. She is currently working on her Masters Degree in Holistic Nutrition.

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