



The Diet Secrets



₹240.00

Diwali Gifts

About the book This book will assist those who want to know how to choose wisely while eating. No, there is no magic wand that will make someone an expert in food and nutrition. But there is always magic in logic. The human body is intelligently designed and executed; we don't need others to validate the food we eat. Generations have survived on food, with simple skills and techniques.



They are innate and do not require training. What is needed is to become aware of these age-old techniques and use the science within them. When we ignore the "monkey mind" and ignite the intelligence of the stomach while listening to the body, we can think logically. We all have the potential to eat right, choosing nutrition, with the goal of staying fit and healthy. This book uses traditional Indian lore and values to make your life less complicated regarding the food you choose. It is a guide to time tested practices and principles, that should replace negative and self-indulgent ones. There is great wisdom in these pages, offered by an expert.

Add To Cart

Terms & conditions

1. Price is valid for minimum order quantity.
2. Logo printing charges extra as actual, Contact to us to discussed the logo branding charges
3. Request the sample to check the quality in physical
4. Delivery time after final confirmation with branding 5-10 days (examples) (this will be added by vendor)
5. Once the order approved company need to be raise the PO in the name of Qualicorp Services.
6. Artworks to be provided in CDR / EPS printable format in high resolution mode for a better output as per the sizes
7. Late Payment Charges @24% annum will be charged payment after due date.
8. Price of the product does vary with quantity, therefore contact for a precise quotation
9. Once sold will not be taken back
10. Delivery Charge Extra or free sometime depends on final talk.