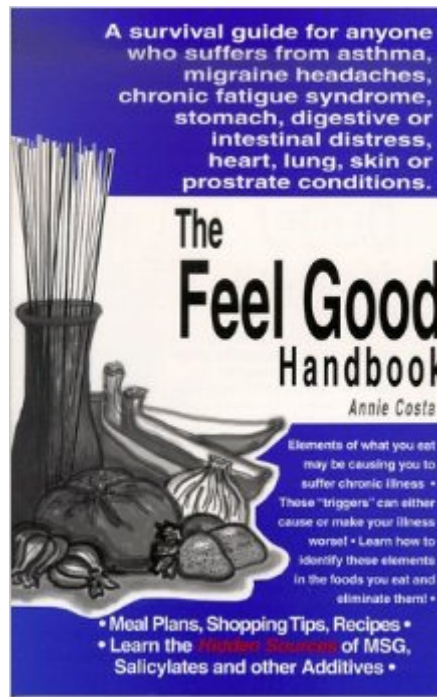


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# The Feel Good Handbook



## Synopsis

"A survival guide for anyone that is sensitive to MSG or other food additives". It includes, in layman's terms, a host of information regarding where MSG and other dangerous food additives can be hidden in your food and cosmetics, as well as, hundreds of references for medical professionals, websites, and other resources. A menu and shopping planner, suggestions on how to do a modified elimination diet and other "survival tools" are also included

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #4,336,587 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#) #573 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #733163 in [Books > Textbooks](#)

## Customer Reviews

After reading "The Feel Good Handbook" (that's MSG FREE's - New Title) I realized how TOXIC I was. I started to clean out my system according to the books guidelines and "hidden sources" lists! What an incredible difference eating correctly does for your body! I've lost 48lbs!! My symptoms were as normal as the next person's (migraines, digestive problems, bloating, heartburn, anxiety, depression) after I ate a favorite meal or anything for that matter. It's been a living hell!!! With the help of "The Feel Good Handbook" I've realized how sensitive I truly was to the nasty affects MSG has on my system - and everyone else's!! Thanks Annie for getting the TRUTH out about those nasty excitotoxins and "free glutamic acids" in our food supplies! Check your labels everyone - THIS IS FOR REAL!!!!!!

This book finally opened my eyes to what was causing a huge amount of problems I was experiencing. Headaches, stomach problems, sleeplessness, anxiety; I thought I was going to have a heart attack once! My doctor was treating me for "stress" related disorders and I was better,

however continuing to suffer only milder symptoms. After reading the book, I carried around the "hidden sources list" with me when I went shopping. It was amazing how many of the items on this list appeared on packaged food labels! Even "fresh" items like cheese and dairy products! It took a few weeks to see improvement because we had to sort out the good from the bad in our cupboards following the book's advice. Once we did, not only did my headaches and bellyaches go away, so did my husband's! I was shocked and amazed - "one ingredient" could cause so much pain. This book is a must buy if you are MSG sensitive!

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IT'S ALL GOOD: Delicious, Easy Recipes That Will Make You Look Good and Feel Great Nutribullet Recipe Book: Smoothie Recipes For Detoxing, Weight Loss, and Vibrant Health - Look Good - Feel Good - Live Strong The Feel Good Handbook Baby Touch and Feel: Happy Birthday (Baby Touch & Feel) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Looneyspoons Collection: Good Food, Good Health, Good Fun! Simply Nigella: Feel Good Food Vitamix Cookbook: 50 Easy, Healthy, and Delicious Recipes - Look Good - Feel Better - Live Strong Comfort Food Fix: Feel-Good Favorites Made Healthy Natural Highs: Supplements, Nutrition, and Mind-Body Techniques to Help You Feel Good All the Time The Island Escape: A feel good romantic comedy Christmas at the Comfort Food Cafe: A feel good cosy romance perfect for fans of Bake Off Christmas Kisses and Cookies: A Fabulously Funny Feel Good Christmas Romantic Comedy (\*\*\*\*Newly Edited Sept 2016 - Plus Secret Cookie Recipe!\*\*\*\*) All I Want for Christmas: A feel good Christmas romance to warm your heart Christmas Wishes and Paris Kisses: A Fabulous Feel Good Comedy Christmas Romance Summer by the Sea: a perfect, feel-good summer romance The Entered Apprentice Handbook, The Fellow Crafts Handbook, The Higher Degrees Handbook, and The Master Mason's Handbook Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best

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