



Eat Clean. Piss Glitter.: Bitch Slapping Fat, Disease and Infertility Through Food and Love.

By Whitney L Benjamin

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Deep down, I am a fat kid. My thighs want chocolate cake, my abs need greens. Being healthy and happy in my own skin has never come easy to me. I've never been accused of being too thin, my body likes to attack itself and deep, deep down if I could bathe in Pop Tarts, I would. Bowls and bowls and bowls of Organic cereal used to be my way of eating healthy. But, after being diagnosed with Rheumatoid Arthritis (RA) and choking down a bottle of pills a day just to be able to function, let alone compete as a D1 athlete at UCLA, I called bullshit on modern medicine and began researching my disease on my own. I quickly discovered that my diet was far from healthy and actually contributing to, if not causing my disease. I changed my diet and within days, every RA symptom I had was gone. I went on to dedicate my twenties to experimenting with my body when it came to eating, working out and finding a goddam way to...

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