



**Micronutrient Miracle Reboot: 2-Week Program  
To Counter Illness, Increase Brain Health and  
Lose Up To A Pound A Day. Includes More Than  
60 Food, Tea and ... antioxidants low carb low  
cholesterol)**

*Michelle Bailey*

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# **Micronutrient Miracle Reboot: 2-Week Program To Counter Illness, Increase Brain Health and Lose Up To A Pound A Day. Includes More Than 60 Food, Tea and ... antioxidants low carb low cholesterol)**

*Michelle Bailey*

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Are you often ill and sick? Do you feel mentally drained and tired? Micronutrient Miracle Reboot unravels the complexities surrounding Micronutrients; where to find them, how much you need, what they do and how important they are! Whilst you may know they are in our food, you may not know what types are frequent in different foods, and how you should 'mix and match' different foods to meet your daily needs. All of this will become super easy and simply with this book.

Reading this book you will learn:

- What is Micronutrients?
- Why are they important?
- What foods contain them?
- Ways of supplementing micronutrients
- 2-Week program
- Tips for boosting micronutrient levels
- More Than 30 Tea and Smoothie Recipes
- More Than 30 Food Recipes

- And much more!

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