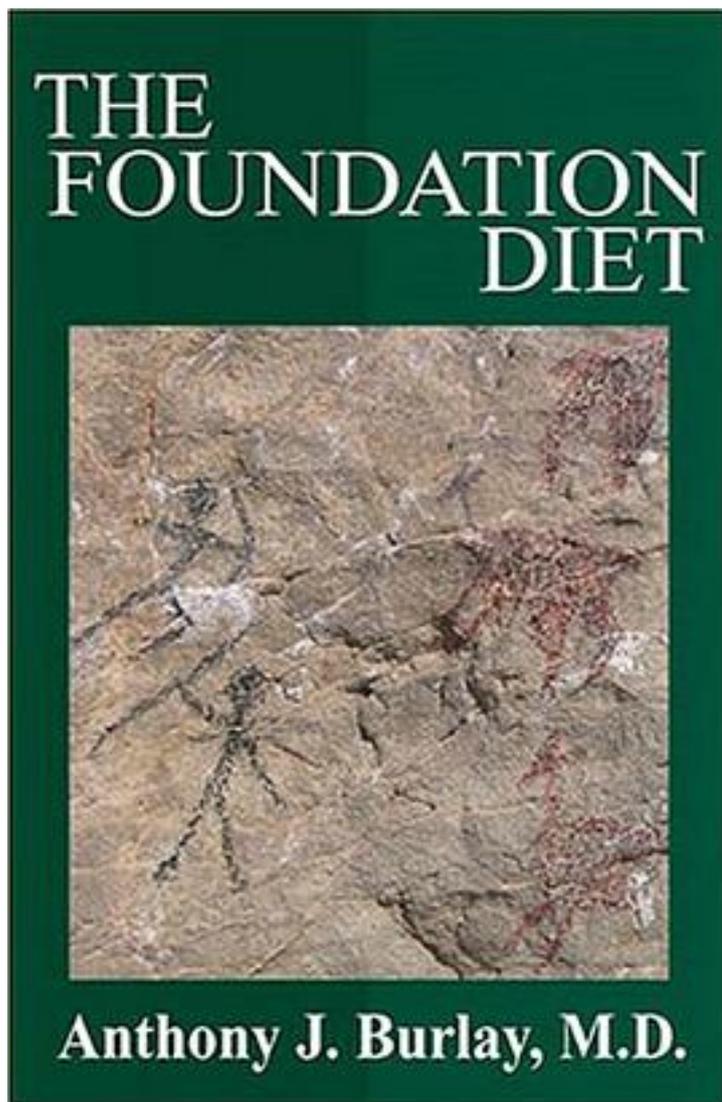


The Foundation Diet



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Using medical and archeological science, "The Foundation Diet provides an eating plan with self-evaluation exercises to help you psychologically prepare to change food choices permanently. Dr. Burlay provides an insightful and entertaining look at the science and evolution of the body. The diet plan is realistic and practical, making food choices in line with how our bodies were designed to eat. Recipes and meal plans go from simple to gourmet, from eating at home, to eating out, so that anyone can enjoy a wide variety of foods. "The Foundation Diet gives you the tools to take charge of your food choices and change your body. It is the definitive instruction manual for modern eating.

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