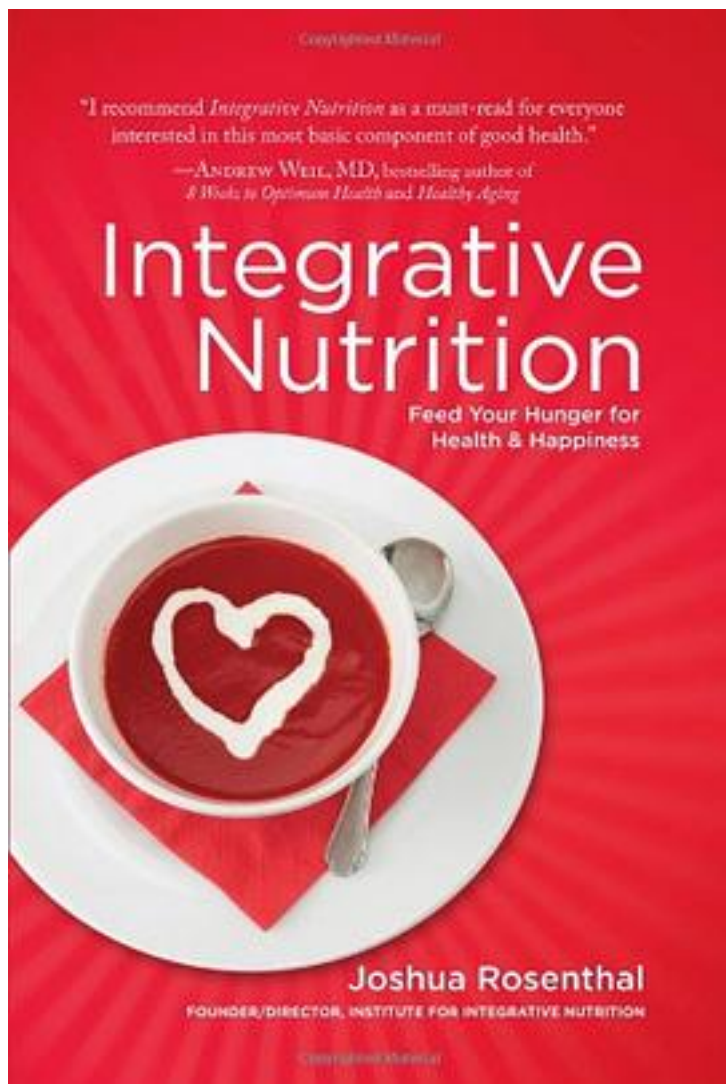


Integrative Nutrition



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Every year, healthcare costs increase while overall health decreases. People continue to eat poorly, to gain weight, and to depend on medications and operations to maintain their health - all the while attempting the latest fad diets promising miraculous results for their outward appearance. It's time for a reality check: there is no one-size-fits-all diet. Stop judging your own health, weight, and way of eating and living, and strive to understand who you are as an eater - and why. This book is loaded with valuable insights into your relationship with food, nutritional theories, and holistic approaches to maximizing health. "Integrative Nutrition" offers a play-by-play for proper nutrition and is packed with background research and delicious, easy-to-follow recipes.

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