



Healing Prevention Through Nutrition: A Holistic Approach to Eating and Living for Optimal Health, Weight, and Wellness (Paperback)

By Evita Ochel

Matrix Fusions, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Our present-day society offers more food choices, more medical support, and more nutrition resources than ever before, yet our human race is inflicted with more health and weight challenges than ever. The basic act of nourishing ourselves has become a complex task and we have turned the healing and preventative power of food against ourselves. Healing Prevention Through Nutrition takes the reader on a journey to reconnect with the most fundamental healing tool-our food. In a clear and concise manner, you will learn how to eat, what to eat, and why for optimal health, weight, and wellness. You will learn how to navigate the modern food and nutrition landscape and make the best choices for your wellbeing. The book presents the most important and up-to-date information about the unparalleled power of real, whole foods and nutrient density, as well as holistic living practices. Offering an abundance of practical tips for optimal eating and living, the book is an indispensable resource that you can easily refer to often. You will walk away empowered and confident about the necessary...



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