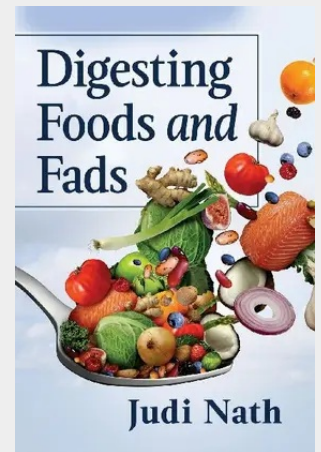


Digesting Foods and Fads

Are you trying to figure out how to maintain a healthy you? It is time to tease sense out of the nonsense when it comes to eating smartly. This book offers advice on how to eat nutritiously every day without all the guilt, money, and discomfort wasted on the latest, greatest fad remedy. Using the best scientific nutrition research available, this book will teach you to navigate the complicated world of food with ease. Peppered with historical background and fascinating facts, this straightforward introduction to basic nutritional practices is full of life hacks for healthy and sustainable daily living. It covers what foods you need, how your body uses the nutrients found in those necessary foods, disease, sustainability, weight control, and food as medicine. It exposes the lies about supplements, fad foods, fad diets, and quick fixes. Armed with the knowledge that you are making the best decisions for yourself, there will be no need to chase after the latest magic potion or remedy again.

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