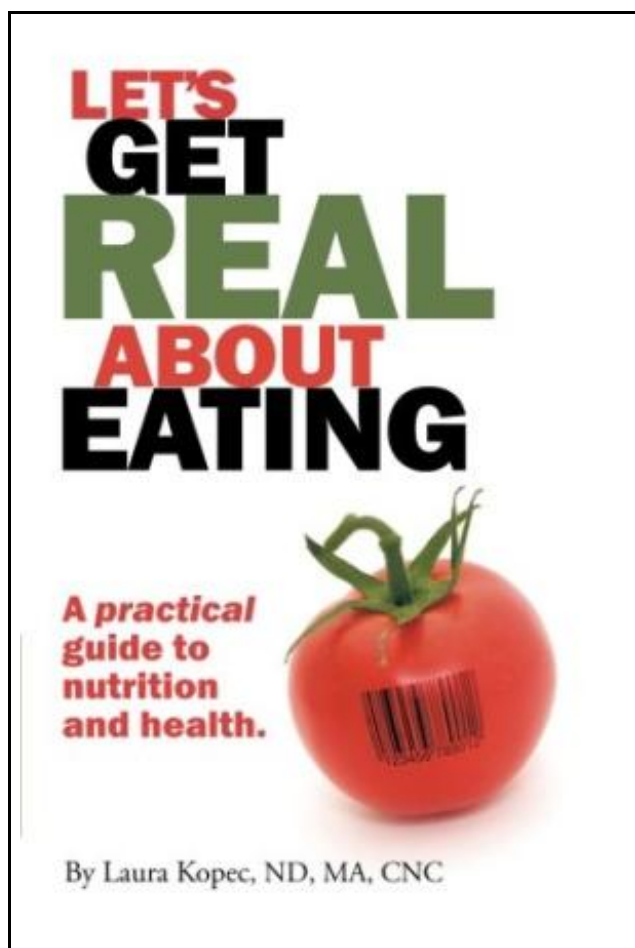


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Balboa Press, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Finally, a book that breaks down everything we ve heard and gets straight to the fundamentals of what we eat and how we feel. This book will not only open your eyes to what we eat, how it is grown, manufactured, and packaged but also the impact it has on our health, and then goes one step further and actually tells us what we can do about it. Whether you re ready to take baby steps or make major changes, this book tells you how- plain and simple. Let s Get Real about Eating keeps it simple, clear, and honest. It s not about being alternative or holistic or organic, it s about being right and speaking the truth regarding our food. - Randy Naidoo, M.D. Laura s extensive in depth knowledge for nutrition is remarkable! Let s Get Real About Eating could add years to your life. - Melissa Irvin, mother of two Laura Kopec has expertly guided our family through practical steps to better health. Her wealth of education has helped us develop a healthy eating plan and get on the right track. - Hillary Jarrard, mother of three This book is a must-have! Laura found a way to teach us in an easy, non-confrontational way of the dangers and concerns we should have regarding the foods we eat. - Karimen Montero, mother of two Laura gave us freedom from being trapped in the same cycle and taught us how to look outside the box. To open adult s minds and to instill this knowledge is a true God given talent and we are forever grateful! - Jennifer Goodman, mother.



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