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Ultimate Nutrition for Health: Your Complete Guide to Health, Diet, Nutrition, and Natural Foods

By Manfred Urs Koch

Hunter House. Paperback. Condition: New. 224 pages. With a title like Ultimate Nutrition for Health (formerly Laugh with Health), author Manfred Urs Koch sets the bar high for this practical guide to everyday eating. Designed to benefit people across the spectrum of health and fitness, this book is stocked with full-color photographs, charts and diagrams. The reader will find cutting-edge, practical information presented in an easy-to-use format filled with helpful tips on almost every nutrition-related subject, along with unique, detailed food combination charts and customized diet recommendations that can be put to use right away. Using ingredients that are familiar and easily accessible, Ultimate Nutrition for Health breaks down ordinary foods to show the reader exactly what the health benefits are for each one. Koch categorizes them by type and group, including carbohydrates, proteins, lipids, vitamins, and minerals. Having created reference-book style entries for a wide selection of specific foods within each group, including apricots, ricotta cheese, macadamia nuts, crayfish, and dozens more, he also provides a detailed explanation of 36 essential vitamins and minerals and handles the abundance of information by organizing it into reader-friendly, color-coded charts and well-defined sections. Koch pays special attention to the choices that promote...


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