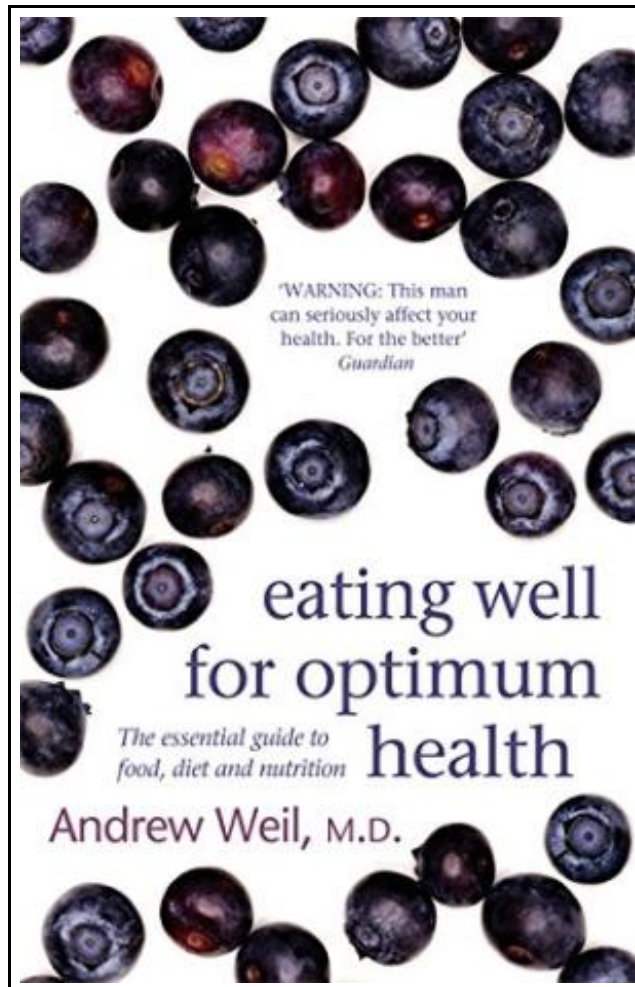


Eating Well for Optimum Health: The Essential Guide to Food, Diet and Nutrition



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

EATING WELL FOR OPTIMUM HEALTH: THE ESSENTIAL GUIDE TO FOOD, DIET AND NUTRITION



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Little, Brown Book Group, United Kingdom, 2008. Paperback. Book Condition: New. 200 x 152 mm. Language: English . Brand New Book. From the best-selling author of *Eight Weeks to Optimum Health*, an original, reassuring and practical book on food, diet and nutrition, including 75 - 100 recipes. In his new book, the immensely popular and hugely trusted Dr Andrew Weil focuses on how food can influence health and well-being. He makes clear that an optimal diet should not only supply the basic needs of the body for calories and nutrients but should also reduce risks of disease and fortify the body's defenses and intrinsic mechanisms of healing. Dr Weil establishes that how we eat is an important determinant of how we feel and how we age and that food can function as medicine to influence a variety of common ailments.



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