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The film 'Hungry For Change' from the creators of the best-selling documentary 'Food Matters' uncovers the secrets to bounding energy, beautiful skin and your achieving your ideal body! We have put together a list of guidelines from the film ready for you to ditch your diet and live a life full of abundance and health! Eat As Nature ...

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"Hungry for Change breaks through the confusion with a very simple idea. Our bodies were designed to run on real food. Our natural default state is health. I hope Hungry for Change is the start of a true food revolution." - Mark Hyman, MD, author of The Blood Sugar Solution

Hungry for Change - James Colquhoun - HarperOne

Hungry for Change: Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health. James Colquhoun and Laurentine Ten Bosch. I was raised by two nurses. So one might think I was raised a strict follower of the pharmaceutical world and a crier of its claims. Oddly, my sisters and I are quite the opposite, as are our parents.

Hungry for Change: Book Review | Swanson Health Products

Hungry for Change Ditch the Diets, Conquer the Cravings, and Eat Your Way to Lifelong Health. by James Colquhoun, Laurentine ten Bosch, Mark Hyman. On Sale: 10/02/2012

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