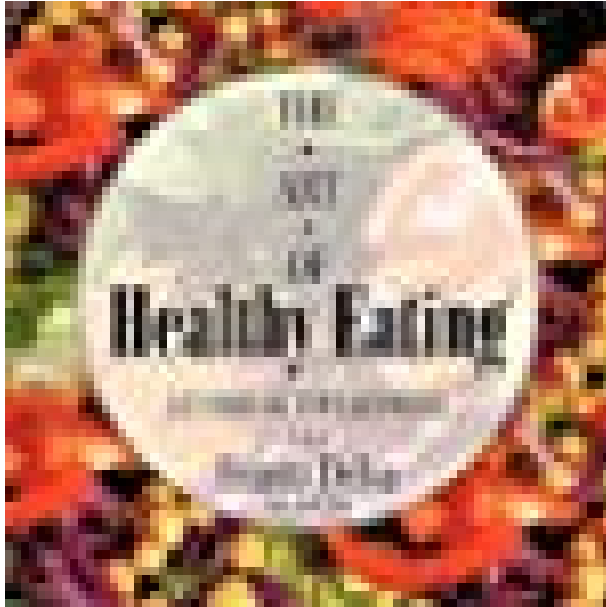


The Art of Healthy Eating: Let Food Be Your Medicine



Author:	Frantz Delva
Genre:	Uncategorized
ISBN13:	9781426931734
Goodreads Rating:	5.00
Published:	October 5th 2010 by Trafford Publishing
Pages:	200
ISBN10:	1426931735

[The Art of Healthy Eating: Let Food Be Your Medicine.pdf](#)

[The Art of Healthy Eating: Let Food Be Your Medicine.epub](#)

The Art of Healthy Eating is a nutrition and health education manual supported with public and cultural health knowledge and experiences.

The manual promotes natural ways of living and eating. It helps readers determine basic nutritional status of food and explores what happens when humans and other animals eat-the process of digestion, and metabolism. What are vitamins and minerals? How can people balance their weight? An encyclopedia that can be used to research and detect reasons for ailments as well as assist in maintenance of health, it contains samples of health programs, natural eating, and examples of daily menus that the reader can follow and adopt. The relationship of nutrition, food intake, and the practice of modern medicine needs a complete overhaul.

Despite all the books, videotapes, CDs, DVDs, E-zines, Web sites, and television shows on health, conventional medicine, and alternative health, many of the advances in health and health medicine are still unknown to regular people. The purpose of The Art of Healthy Eating is to help you develop a thorough understanding of nutrition and its effects on prolonging a healthy lifestyle.