

Go Lite on White and Be Discreet with Sweets (Paperback)

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GO LITE ON WHITE AND BE DISCREET WITH SWEETS (PAPERBACK)



Xlibris Corporation, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is not another diet book. It is a healthy eating and drinking guide. This is the book you ve been looking for that will tell you what you should and should not eat - and why - without going in to a lot of scientific jargon. Carbs are not the enemy. Neither are fats or proteins. Good nutrition is more than counting calories, carbs, fats and proteins. Good nutrition is getting the nutrients your body needs for good health, abundant energy and healthy weight control. This book defines food for you. Food Food is grown. Food is raised. Food grows in nature - in the wild. Food rots. Food has life sustaining nutrients which are imparted to you when you eat it. Food provides vitamins, minerals, enzymes, micronutrients, macronutrients, phytonutrients, antioxidants and fiber. Food is not made. Food is not manufactured. This book will tell you what is and is not food. It will show you how to look for chemical additives and hidden sweets. It will show you marketing tricks used by manufacturers to make you think you re getting healthy, real food. It will help you arm yourself against the onslaught of ads and false claims. Nature did not complicate food People are so confused about what they should or should not eat. It s not your fault! Nature did not complicate food for us. Humans have complicated our eating and drinking by manufacturing non-foods and marketing them in mammoth campaigns as food. The past two generations have grown up with grocery stores filled with boxes and bags of manufactured or over processed food devoid of natural nutrients. Most of what is passed off to us in grocery stores...

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