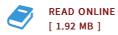




The Amazing Athlete Gourmet Cookbook: Based on My Life-Changing Approach to Eating for the Active, Inactive and Wannabe Athlete (Paperback)

By Mark Borchetta

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Author Mark Borchetta is an entrepreneur who has worked in the world of entertainment with some of the biggest celebrities in the world, including Taylor Swift and Danica Patrick. He is also a Motivational Speaker and Nutrition Coach. Into his forties, Mark began to run into a variety of symptoms of near-debilitating autoimmune challenges. For several years he searched every avenue he could trying to find a cure. While doctors could only help a little, Mark was ultimately able to discover that the cure is food. As Hippocrates said over 2,000 years ago, Let food be thy medicine, and medicine be thy food. The Amazing Athlete Gourmet Cookbook is Mark s first publication to address how industrialized food, along with a wide level of misconceptions about food in general, is causing a host of concerns. The core affliction is chronic inflammation, which is being identified as the root cause of countless diseases. Today, it is estimated that more than 75 of American adults are suffering from at least one chronic or autoimmune disease. This book first addresses these concerns, then offers alternative...



Reviews

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