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Let's Get Real about Eating: A Practical Guide to Nutrition and Health. (Paperback)

By Laura Kopec ND MA CNC

Balboa Press, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Finally, a book that breaks down everything we've heard and gets straight to the fundamentals of what we eat and how we feel. This book will not only open your eyes to what we eat, how it is grown, manufactured, and packaged but also the impact it has on our health, and then goes one step further and actually tells us what we can do about it. Whether you're ready to take baby steps or make major changes, this book tells you how- plain and simple. Let's Get Real about Eating keeps it simple, clear, and honest. It's not about being alternative or holistic or organic, it's about being right and speaking the truth regarding our food. - Randy Naidoo, M.D. Laura's extensive in depth knowledge for nutrition is remarkable! Let's Get Real About Eating could add years to your life. - Melissa Irvin, mother of two Laura Kopec has expertly guided our family through practical steps to better health. Her wealth of education has helped us develop a healthy...



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