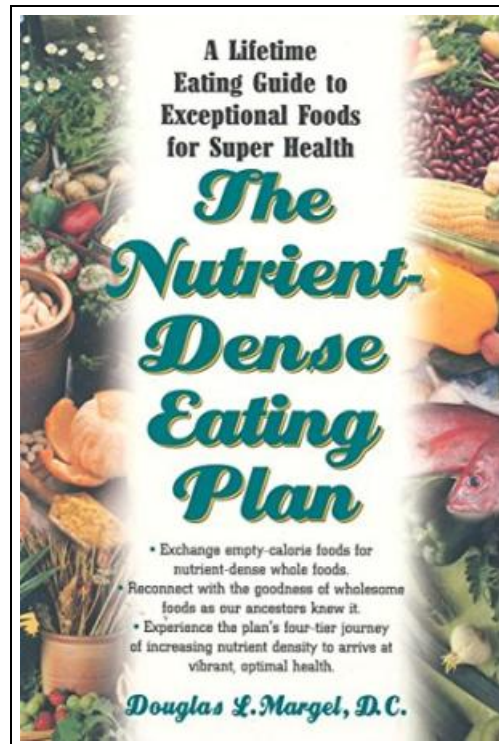


## The Nutrient Dense Eating Plan Enjoy a Lifetime of Super Health with This Fundamental Guide to Exceptional Foods



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*(Taylor Medhurst)*



## THE NUTRIENT DENSE EATING PLAN ENJOY A LIFETIME OF SUPER HEALTH WITH THIS FUNDAMENTAL GUIDE TO EXCEPTIONAL FOODS

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Basic Health Publications. Paperback. Condition: New. 308 pages. Dimensions: 9.1in. x 6.0in. x 1.0in. Nutrient-dense eating refers to the nutritional quality of a food and to the highly concentrated, vitally important foods eaten on the plan. They are the opposite of empty-calorie foods that eventually degrade health and lead to debilitating diseases, such as cancer, diabetes, heart disease, and obesity, says Douglas L. Margel, D. C. He believes the dominant eating disorder of this culture is the ambivalent, adversarial relationship people have with food. In this carefully focused book, he elaborates on the reasons for this, among them the complete capture of our food habits by the profit-oriented, chemical-dependent agribusinesses and fast-food companies. Dr. Margel believes that reconnecting to ancestral wisdom to food as it always was, pure and simple-with people understanding that you are what you eat and eating as if it really mattered-holds the key to stopping the downward spiral of poor eating patterns that lead to even poorer health. The way to achieve this, he says, is through the Nutrient-Dense Eating Plan, a commonsense approach to food and the ways people choose to eat, and an easily understandable way to evaluate food for its quality. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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