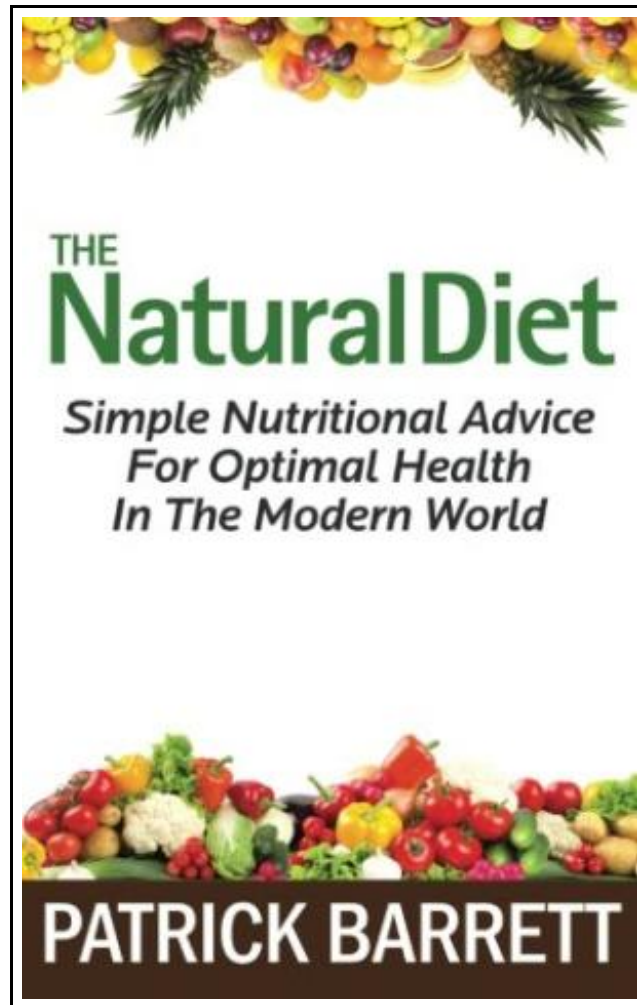


The Natural Diet: Simple Nutritional Advice for Optimal Health in the Modern World



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Reviews

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(Sheldon Aufderhar)

THE NATURAL DIET: SIMPLE NUTRITIONAL ADVICE FOR OPTIMAL HEALTH IN THE MODERN WORLD



Createspace, United States, 2011. Paperback. Book Condition: New. 200 x 128 mm. Language: English . Brand New Book ***** Print on Demand *****.The current landscape of health and nutrition literature is a maze of conflicting advice, contradicting ideas, and flawed premises. The Natural Diet is an attempt to cut through all of that as helpfully and succinctly as possible, with an emphasis on what you need to know to be as healthy as you can for the rest of your life. Too often, people who make a good-faith effort to learn more about nutrition end up more confused than they were when they started. Have you ever had that feeling? A magazine, or book, or TV spokesman says This list of foods is good for you, and this list is bad. Always do this, and never do that. Meanwhile, one person s list looks completely different from someone else s, and what everybody is saying you should eat is different from what everybody said you should eat ten years ago, which is completely different from what was in another ten years before that. On an intuitive level, these diet fads just don t make sense. Some people say milk and dairy are bad for us. How can milk be bad, if we re mammals, and milk is sufficiently nutritious to feed us through the period of our lives when good nutrition is most critical? Other authorities will insist that the only way to be healthy is to eat a more or less flavorless diet. How can a healthy diet be so unpleasant to the senses-in other words, why would our noses and tongues make unhealthy food seem appealing, and healthy food bland and undesirable? Does it really make sense that your body is built to lead you to the wrong...



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