



In One End and Out the Other: A Straightforward Guide to Everyday Nutrition (Paperback)

By Andrea Thatcher

10-10-10 Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You put food in one end and it comes out the other. Seems pretty straight forward. But have you ever wondered how the food you eat affects your body and your health? This book is about your health, and what it truly takes to be healthy with natural nutrition. Andrea has listed the most common questions she's been asked over the years and answers them here from a Holistic Nutritionist's point of view. She's answered your questions about effective weight loss, reading food labels, eating and exercise, understanding calories, chemicals in your food, the effects of sugar, and she helps you understand the basics of foods and nutrients. Andrea gives you simple steps you can implement into your life today to improve your energy, assist with your weight goals and improve your overall health. This book is about what matters, and what works--the basics; the way we were designed to live. No fluff, no lose 30 pounds in 30 days promises, no magic. Just the basics - Simple.



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