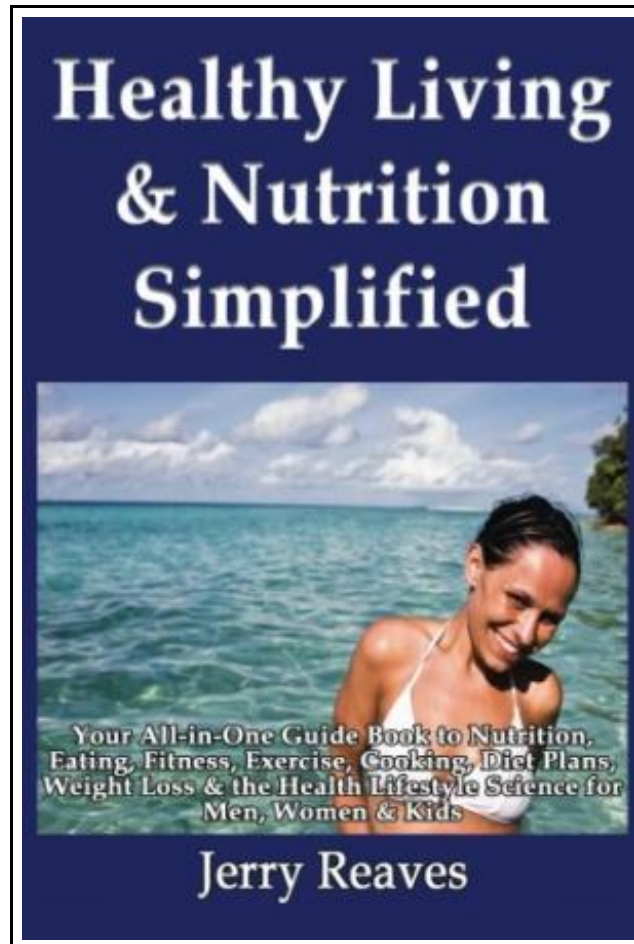


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Today, more than ever before, we are constantly bombarded with news stories about diseases associated with lifestyle factors. Obesity is reaching epidemic proportions and more people are confused about what constitutes healthy living than ever before. With a multi-billion dollar diet and weight loss industry that seems to grow with each passing year, it is baffling how many people lack the understanding of how to live a healthy, well balanced life that will promote optimum health and help to reduce the likelihood of suffering for preventable diseases associated with poor lifestyle choices. The Art and Science of Healthy Nutrition seeks to shed light on what defines a healthy lifestyle and why today's diet industry runs in the face of common nutritional logic. The guide seeks to explain what encompasses healthy eating, how to get active and maintain a healthy lifestyle. The book also explains the dangers of fad diets and modern day weight loss advice. The book does not waste time arguing for the need for a healthy lifestyle, that much is readily apparent. It dives right into providing useful information on the nutrients that are highly beneficial to the prevention of many common, but avoidable diseases. The book advocates paying close attention to ensure the adequate consumption of the following nutrients: Omega-3 fatty acids Phytonutrients Antioxidants Health, as the book notes, is not just related to diet. It is also important to keep in mind: Mental clarity, health and wellness Physical wellness outside of nutrition, such as sleeping patterns and overall environment The book goes on to describe the nutrients as well as lifestyle choices that can help improve diet, as well as mental and general...

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