



## Choose Your Foods Like Your Life Depends on Them (Paperback)

By Colleen Nmd Huber, Nmd Colleen Huber

Xlibris Corporation, United States, 2007. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Choose your foods like your life depends on them makes you to start taking food seriously. You examine the relationship between the food you eat and the symptoms you manifest. This book gives you a challenge along with redemption: Forget everything you ate until today, and start over. The choice is between a set of foods that will nourish you and enhance your longevity on the one hand and the foods that tear you down subtly and gradually on the other. More importantly, that choice is always in front of you. You can turn around bad habits, bad choices and the resulting bad symptoms at any time. Do it now, because you re better off preserving the health you have than letting it deteriorate. Do it now, because living longer and healthier sure beats the other alternatives. Excerpt from the chapter Food as Medicine: We eat our way into our symptoms, and we can eat our way back out: Let food be your medicine and medicine be your food. - Hippocrates We live at a strange crossroads in history. Over...



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