

EXCERPT

Obesity, diabetes, cancer, heart disease, gastrointestinal disorders, ADD, ADHD, celiac disease, food allergies and sensitivities, autoimmune, and inflammation are all on the rise. We have to make some changes in the way we eat and the way we live, or we will find the list of chronic and degenerative diseases growing beyond what our health care is able to manage.

Even if you are not ready for a complete change of lifestyle, do something. Some change is better than no change, especially given how far we have strayed. Right now, I challenge you to get real about the way you eat and your children eat, and do something. Take action. Take charge of your health by eating for your

health; and when you eat better, you will feel better. Baby steps are a necessary part of dietary changes; otherwise, changes may not be permanent. Let this book be a starting place, both in understanding and in action, to help us make sense of it all. If we can begin those crucial steps without feeling overwhelmed, then we can begin to feel good again, because feeling good really is only a forkful away.

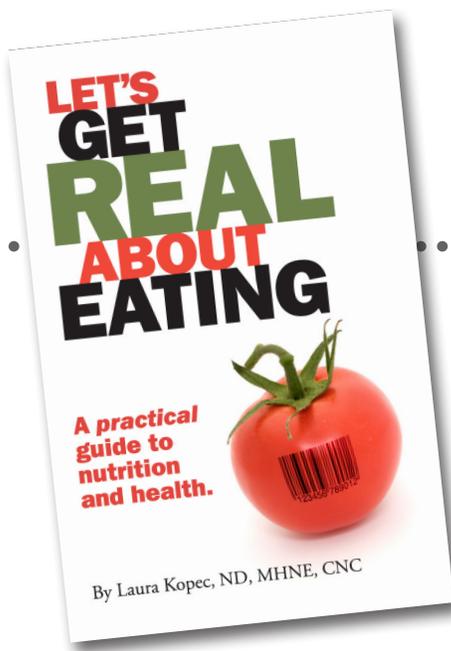
Everyday people of all ages and sizes come through my office, and I educate and coach them to make dietary changes that will improve their health. Most often, I have the good fortune to see many of these people make profound improvements in their health by changing what and how they eat.

Most clients come to me after they exhausted a variety of other paths finding no relief, and later after implementing my recommended changes in their diet and nutrition they report that many symptoms are completely gone and their overall health is greatly improved. Those same changes are possible for us all!

Every day I ask myself “How can I reach more people?” It seems too good to be true that we can overcome so many of our health issues by making dietary changes. But it’s true, and it can be done— especially when we understand the fundamentals of eating healthy.

There is so much conflicting information out there about what to eat, what not to eat, when to eat, and how much to eat, that is makes the whole issue of nutrition and eating seem very confusing and too hard to tackle. There is a real need for a set of guidelines that provide some answers—simple and straightforward answers based on common sense, nature’s laws and current research. I strive to give that set of guidelines to you in this book. Each chapter is packed with information summarized into a rule. And each rule has action steps to consider integrating into your daily life.

I wrote this book to help people understand the repercussions of discounting the connection between what we eat and how we feel. It’s imperative that people know what has happened to our food in this country, and understand how it directly impacts our health. Then, I want to simplify the issues and identify ways you can apply this knowledge in your own life. You can do the first few action steps listed in one or more chapters. Or go all the way and do each and every step. It is up to you. Many people take baby steps, and still experience significant, positive changes in their health. I always say doing something is better than doing nothing, but also know that doing the most you can for your health, can bring about a quality of living you have never known.



“Every day I ask myself, how can I reach more people? And let everyone understand the power of food? It seems almost too good to be true that we can overcome so many of our health issues by making dietary changes. But it *is* true, and *can* be done – especially when we understand the fundamentals of eating healthy.”