

THE GREAT AMERICAN GUIDE TO DIET AND HEALTH

 NUTRITION: FOOD & YOU 
IDEAS FOR BETTER EATING
BUYING   STORING  RECIPES
  PROTECT YOUR LIFELINE 
COMMON AILMENTS & REMEDIES
      FITNESS PROGRAMS 

BASED ON U.S. GOVERNMENT GUIDELINES

SUSAN OSBORN

The Great American Guide To Diet And Health

David J. WEINER



The Great American Guide To Diet And Health:

The Great American Guide to Diet and Health Susan Osborn,1982-01-01 **The Great American Detox Diet** Alex Jamieson,2006-06-27 Here in response to all the requests is the detox program that undid the damage Morgan Spurlock director and star of Super Size Me did to his body in a month of gorging on nothing but McDonald s What would happen if you ate nothing but fast food for an entire month That s what filmmaker Morgan Spurlock attempted to find out by making his scathing tongue in cheek documentary Super Size Me A 33 year old New Yorker in excellent health he would eat nothing but McDonald s for 30 days to gauge the effects on his body The results were shocking He gained almost 30 pounds saw his cholesterol skyrocket and developed chest pains and dangerously high blood pressure The Great American Detox is an everyman s version of Spurlock s detox diet Designed by vegan chef and holistic nutritionist and Spurlock s significant other Alex Jamieson it is the program that gave Spurlock his health back While doctors feared the damage might be permanent Jamieson knew otherwise She regularly sees her detox diet help clients achieve radical improvements in their emotional spiritual and physical health Now she has written it up for popular use Filled with mouthwatering recipes it is a flexible 8 week program for weight loss increased energy allergy elimination and other long term health benefits [The Great American Heart Hoax](#) Michael Ozner,2010-12-14 Clinical studies show that cardiovascular intervention does not prevent heart attacks or prolong life in stable patients with coronary artery disease so why are more than 1 5 million angioplasties and coronary bypass surgeries done annually in the United States alone In The Great American Heart Hoax esteemed cardiologist Michael Ozner author of The Miami Mediterranean Diet reveals groundbreaking truths about what actually helps prevent and reverse heart disease and what isn t worth the money or risk Discover disturbing realities from a cardiologist about the billion dollar cardiovascular intervention industry While a minority of patients may benefit from surgery Ozner uncovers that the majority can employ much simpler methods such as diet exercise and medical therapy to achieve better results without stents or surgery Most important The Great American Heart Hoax provides a 10 step program to improve your heart health and reduce your risk of heart disease [Quackery, a \\$10 Billion Scandal](#) ,1984 [Discover Your Nutritional Style](#) Holli Thompson,2014-09-15 Foreword by Frank Lipman MD Do you want to feel good again have abundant energy and finally take control of your own health Wouldn t it be nice to effortlessly release excess weight and return to your natural vibrancy and glow It s time you make the connection between what s on your plate and how you feel Discover Your Nutritional Style shows you the way Holli Thompson CHHP CNHP gives you the information you need to understand how to nourish yourself in a way that s best for you based on your individual needs and preferences Learn what s right for you and how what s right for you changes with the seasons and with your needs Drawing on her years of experience as a Certified Holistic Health Coach Holli Thompson helps you discover what nutritional style from Healthy Omnivore to Flexible Vegetarian to Modern Vegan is ideal for your personal nutrition Her flexible seasonal approach to eating helps you modify

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