



Lifestyle Books



Understanding Nutrition

Have you noticed that in every TV morning programme, newspaper and magazine . . . there is always a 'Health & Beauty' section? Today we are bombarded with information about health, including numerous nutritional theories that often seem to change from day to day. But which ones can we trust?

Our health is one of the best investments anyone can possibly make. It is an investment that does not demand much in the way of capital outlay and, although the full benefits are in the future, it starts to pay dividends right away.

It is a pity that so many people wait until they are old to think about investing in health, because, as with financial investment, the sooner they start the scheme, the greater the benefit. But, even after a lifetime of neglect, improving lifestyle still pays valuable dividends.

Nowadays the problems of the rich countries are no longer just in the West, but problems of nutrition occur in all societies. In half the world the main problem is to get enough to eat. For the other half the problem is to persuade people to choose the right food!

Series: Lifestyle Books
133pp Hardback
Dr Clemency Mitchell

How long we live and how healthy we are both depend on what we eat, how much exercise we get, the poisons we take into our bodies, and what we cannot change: our genes.

In **Understanding Nutrition**, Dr Clemency Mitchell presents to us, thanks to her 30 years' experience, what principles and truths we can listen to, starting with the Four Keys To **Understanding Nutrition**.

With a clear and practical approach, the 8 chapters of this book present:

1. How the different nutrients and elements in food (sugars, fats, proteins, vitamins, and so on) work in our body and why we need them.
2. Medical properties of certain foods like grapes or tomatoes or cabbages.
3. How nutrition can affect or prevent certain specific health issues such as diabetes, high blood pressure, heart-related diseases, skin allergies and even cancer, among others.
4. Gives answers to different myths about weight loss and other health issues.
5. How to make the right choices as to what to eat and when to do it (that is, meat or not? Margarine or butter? Organic or not? Vegetarian or vegan?)
6. Practical advice on how to make the transition to a healthier lifestyle, including 25 easy recipes.



Understanding Nutrition will teach you that a change in diet and lifestyle will be by far the best prescription for most chronic health problems you may encounter in your life and, what is more important, will help you prevent them.

