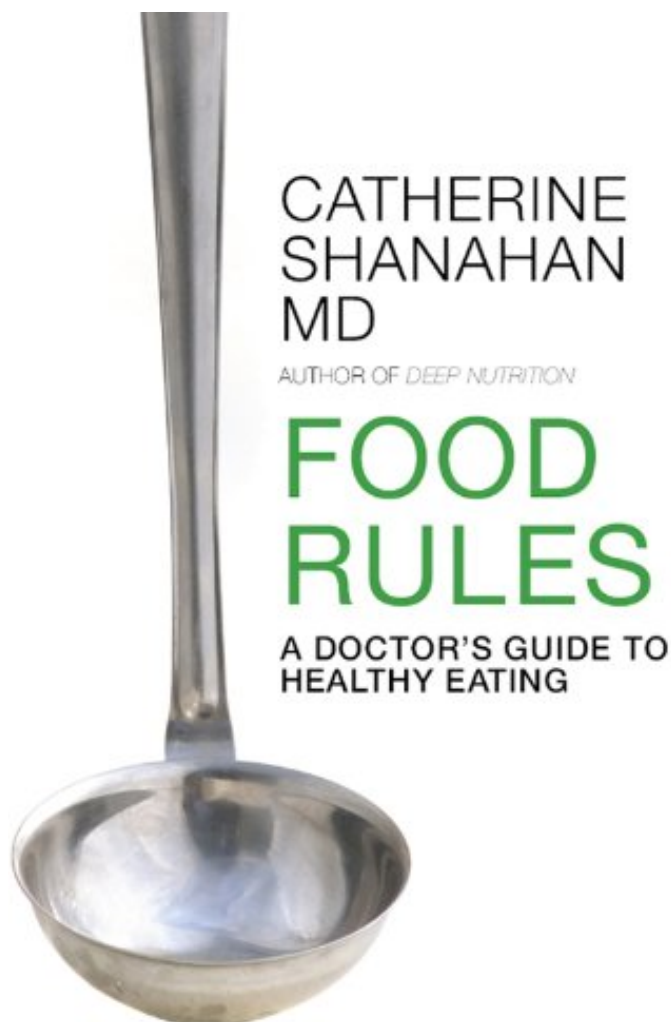


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# Food Rules: A Doctor's Guide to Healthy Eating (English Edition)



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## Description :

Prsentation de l'diteurhelp Good health doesnt have to be so complicated. The best diet for serious athletes is also the best diet for weight loss, heart health, cancer prevention, and just about everything else. In the spirit of those chefs, journalists, and food writers who have brought a spotlight to the importance of eating well, knowing source, and respecting traditions, Dr. Shanahan adds to this growing food revolution the voice of an experienced physician and scientist. Full of straightforward and memorable advice, Dr. Shanahans Food Rules offers key details that even her most health-conscious patients had been missingthe details that may save your health.Prsentation de l'diteurhelp Good health doesnt have to be so complicated. The best diet for serious athletes is also the best diet for weight loss, heart health, cancer prevention, and just about everything else. In the spirit of those chefs, journalists, and food writers who have brought a spotlight to the importance

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*Biographie de l'auteur* CATHERINE SHANAHAN, MD, is a board-certified family physician specializing in the promotion of health and reversal of disease using traditional food as a first line of treatment. She has studied biochemistry and genetics at Cornell University and ethnobotany at the National Tropical Botanical Garden in Kauai, Hawaii. In 2010, she was invited to relocate to the mainland to direct The Bedford Center of Nutritional Medicine, the first clinic of its kind in the country to bring farmers and chefs together with exercise therapists, massage therapists, and dietitians to form a multidisciplinary patient care team. She is author of *Deep Nutrition*.