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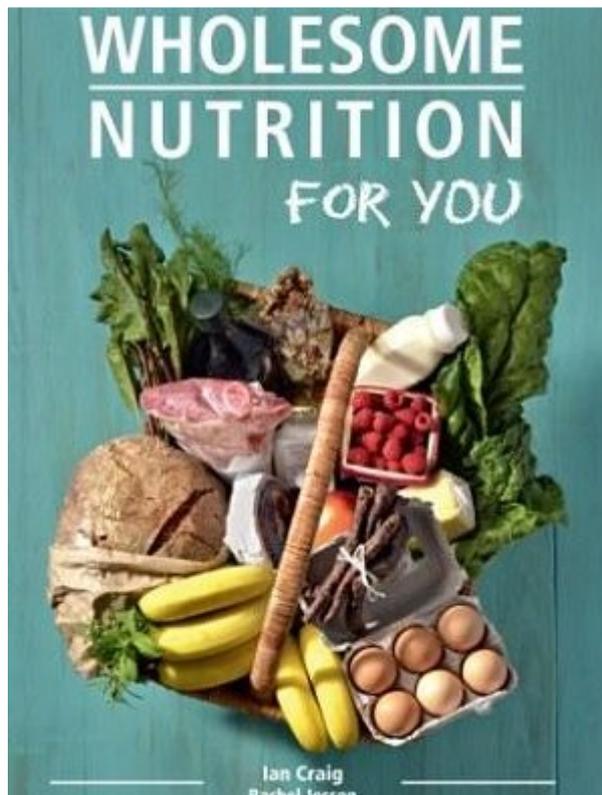
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At last! A book on diet and nutrition which focuses on the fact that we are all different - and that popular diets being followed by the masses are not always the best ones for YOU!

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At last! A book on diet and nutrition that focuses on the fact that we are all different - and that popular diets being followed by the masses are not always the best ones for YOU! ...

Wholesome Nutrition will teach you how to eat mindfully and intelligently so that you nourish your body and your mind, balance your hormones, feel great and lower your risk of developing lifestyle diseases like diabetes and heart disease.

In this book, nutritional therapist and exercise physiologist **Ian Craig** and his co-author, health food specialist and sports scientist **Rachel Jesson**, cover in detail the emotive topics of nutrition and health from a scientific perspective.

They neatly unwrap all the jargon and pseudo-mystique, offering sensible, practical, economical everyday dietary approaches in a book that's not only enjoyable and informative to read, but at the same time accessible to all South Africans who care about optimum health and the business of living life to the full.

Wholesome Nutrition includes 30 easy-to-follow recipes and stunning food photography that will make your mouth water - for nutritious, healthy meals!

And most importantly, *Wholesome Nutrition* stresses the fact that we are all different, and therefore a one-size-fits-all approach is counterproductive to good health.

Finally, there's a common sense, objective look at healthy eating options, written in accessible, laymen's terminology

This book will become the nutrition bible for anybody interested in weight management and sensible eating, without having to resort to any fad diet.

Wholesome Nutrition includes 30 easy-to-follow recipes (try the chocolate mousse made with avos) and stunning food photography that will make your mouth water - for nutritious, healthy meals!

There's also an index listing of organic food shops and farmers' markets, and really good advice on the other factors that influence your weight gain (or loss) - like stress and sleep!

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