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Passionate Nutrition A Guide To

Part power-foods cookbook, part handbook for healthy living and

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... eating, and part memoir, *Passionate Nutrition* provides digestible information, tips, and techniques for how to find your way to optimal health. She focuses on abundant eating (as opposed to restrictive eating), and explores what she calls “the healthy trinity”—digestion, balance, and whole foods.

Passionate Nutrition: A Guide to Using Food as Medicine

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This power-foods healthy-living guidebook will inspire readers to eat well, lose weight, and embrace food as medicine. “Food as medicine” is a powerfully healing way to eat and was embraced by nutritionist Jennifer Adler as she recovered from a malnourished childhood and adolescence. Part power-foods cookbook, part handbook for healthy living and eating, and part memoir, *Passionate Nutrition* provides digestible information, tips, and techniques for how to find your way to optimal health.

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Passionate Nutrition: A Guide to Using Food as Medicine

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In "Passionate Nutrition," Adler uses her knowledge as a nutritionist to provide some common sense guidance for those that are looking to get healthier and to have a healthier relationship with food. Adler's background is very unique in that she had a very difficult life growing up where food was scarce and the scarce food that there was in the house was not healthy at all.

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Passionate Nutrition : A Guide to Using Food as Medicine

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Passionate Nutrition: A Guide to Using Food as Medicine from a Nutritionist Who Healed Herself from the Inside Out Jennifer Adler, with Jess Thomson. Sasquatch, \$23.95 (288p) ISBN 978-157061-945-8

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You're passionate about nutrition; it helped save your life. And now you want to help other people do the same thing you did. But first you have to stop doing what you hate, and start doing what makes you feel ALIVE.

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nutritionist who healed herself from the inside out. [Jennifer Adler; Jess Thomson] -- "This power foods healthy living guidebook will inspire readers will eat well, lose weight, and embrace food as medicine.

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