



# CLEAN EATING: LOOK GREAT AND FEEL HEALTHY

*Chris Powell*

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# CLEAN EATING: LOOK GREAT AND FEEL HEALTHY

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About

If I told you, I could give you 10 years of life for \$2.99, would you pay? Of course you would, but the funny thing is, I am offering you just that.

Our bodies are being attacked every single day by air pollution, by certain foods we eat, sugar and Trans fats to name a few. And, our food is being contaminated by pesticides, and herbicides.

Is it any wonder that certain diseases are on the increase, cancer, heart disease, diabetes, to name a few.

Instead of fighting the disease when we have it, surely it's better to make sure we don't get the disease in the first place.

There is a way to fight, and that's with the food we eat.

Nutrition is the key to a healthier life, it can add years onto your life, and gives you the opportunity to live a happy and healthy life.

This book provides an overview of nutrition and contains valuable information on such things as:

- Fats
- Understanding food labels
- Nutrient dense foods
- Antioxidants and phytonutrients
- Food Sensitivities
- Balancing your body's pH
- Glycemic index

and much more....

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