



## Why Do We Need Food?: Understanding How Our Body Uses Food

By Marianne Duvall

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone understands what food is? Don't they! Well - not necessarily! The food industry has made it almost impossible to really understand what is in our food and what we need to get out of it for a healthy life. So many of the chronic illnesses of modern life are linked to food and our total lack of understanding about a healthy diet. This book will help you work out what a healthy balance is and how you can get it easily. It's not about fad diets, short term fixes or unpalatable healthy food. It's about understanding what food gives us, how to balance the food groups, how to change our eating habits for life when we actually know what we should be eating - and why.



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