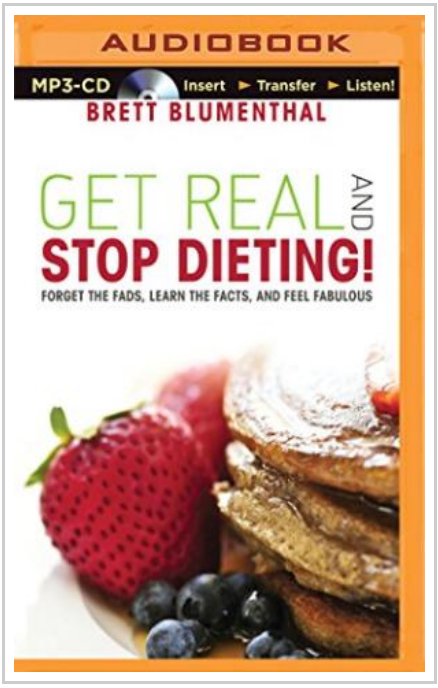


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Get Real and Stop Dieting!: Forget the Fads, Learn the Facts, and Feel Fabulous

By Brett Blumenthal

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Generations ago, eating was much less complicated. We tended to shop more often at markets that provided fresh, locally produced foods. Families ate together, and most meals were cooked and eaten at home. Today, with the prevalence of packaged convenience foods and easy access to cheaper food in restaurants, our waistlines are expanding and our wellness is declining rapidly. In today s high-speed culture, sensible human nutrition has been sidetracked by convenience foods and fad diets. Attempting to cut through the hype can be overwhelming for anyone, even when you have the best of intentions about adopting healthier eating habits and committing to long-term wellness. Fortunately, wellness expert Brett Blumenthal has created a straightforward diet and nutrition program to demystify the secrets of healthy eating once and for all. She identifies five simple principles, founded in fact, that can easily be applied in everyday life. Her GET REAL toolkit outlines tips on establishing proper portion size, shopping smart at the grocery store, and making healthy substitutions in cooking, along with advice about exercise, hydration, and stress reduction. Hailed as the diet...

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