



## Healthy Eating Through Informed Choice

By Mark Burkitt

Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Healthy Eating Through Informed Choice, Mark Burkitt, This book offers a real insight into the complex issues that mould the frontiers of nutritional research. At last, here is a book, written for the layperson, by an expert in the science underpinning modern nutrition. After working at the forefront of biomedical research for over 20 years, exploring the fundamental chemical mechanisms by which nutrients such as vitamin C and E affect our health, Mark Burkitt felt he had to set the record straight on nutritional matters that are ever-increasingly causing confusion and alarm in the general public - so much so that many people have all but given up trying to eat a healthy diet. The overriding philosophy of Healthy Eating Through Informed Choice is that a healthy diet cannot be achieved by the blind following of 'rules' touted by the proponents of what Mark describes as the 'single issue diets'. The truth is, there are no simple answers. The way forward is through improved understanding of the underlying principles of nutrition. After reading Healthy Eating Through Informed Choice, readers will be able to make wise, informed decisions on what to eat. Ultimately,...



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