



No-Nonsense Nutrition in Bite-Sized Portions

*Over 50 Articles to Help Anyone
Create an Eating-for-Health Lifestyle*

by Kelly Hayford, C.N.C.

Best-selling Author, *If It's Not Food, Don't Eat It!*

overview

This uniquely organized book contains over fifty 2-4 page articles for healthcare practitioners, fitness trainers, teachers, coaches – ANYONE who wants to help themselves or others adopt a healthier eating lifestyle. These quick & easy-to-read morsels cover a variety of no-nonsense nutritional topics, including:

- Conquering Sugar & Other Food Cravings
 - Food Allergies & Sensitivities
 - Basic Elimination Diet Instructions
 - Food Allergy Testing Instructions
 - MSG Reactions & Remedies/Additives
 - Dietary Basics/Whole Foods/Whole Grains
 - Natural Sweeteners, The Good Fats & Oils
 - Making the Transition to Natural Foods
 - Healthy Kitchen Makeover
 - Overcoming Obstacles to Healthy Eating
 - Food Shopping/Preparation/Menu Tips
 - Helping Children Eat Better
 - Symptoms Assessment
 - Food Diary Forms & Instructions
 - Digestion/Elimination/ Cleansing
- ...and MORE!

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The perfect tool for helping yourself or your patients, clients, students or customers to understand and overcome our health-robbing popular food culture and adopt an Eating-for-Health lifestyle – one step at a time. (Also available on CD-Rom with each article in pdf file for easy copying and e-mailing.)

*Available through all major wholesalers, bookstores, online booksellers or direct from the publisher.
Bulk discounts also available.*

Healthy Eating ~ One Step at a Time

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