

Download Eating Right The Natural Way

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood. *The Last Conversation You'll Ever Need to Have About Eating Right*. Mark Bittman and doctor David L. Katz patiently answer pretty much every question we could think of about healthy food. Non-profit foundation providing reliable, scientifically accurate, personalized information for convenient and enjoyable healthy eating. **AN IMPORTANT NOTE:** This page is not in any way offered as prescription, diagnosis nor treatment for any disease, illness, infirmity or physical condition.