



Eating To Live Living To Eat: Do Both With Superfoods

Kelly B Greene

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Food is undoubtedly one of the most important things for maintaining health. Too much and we put on weight, which causes certain types of illnesses to become prevalent. Not enough and we encounter another, different set of problems. Putting the wrong kinds of food into our bodies creates a whole new range. And while diets and fads come in and out of fashion all the time, tempting us with promises of weight loss, health and revitalised energy levels, the truth is that they often fall short on that promise and leave us feeling deflated or even cheated. In this new book, however, you will discover a new take on what to put into your body. No gimmicks or tricks. No hollow promises of health and dramatic weight loss. Just good food which will make a prolonged and acute difference to you and your body. The focus includes; • Healing foods from around the world • Top 10 fat fighting foods • Foods which boost memory • Foods to lift the mood • Benefits of fibre • Healthy recipes • Eating well on a budget All the foods are explained in detail, giving you all the information you need about how each one can help you. Memory-improving fish, mood-improving walnuts and health-enhancing fibre in the diet will make both a quick and long-term difference to you.

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