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No More Perfect Diets: My Experience with the Search for Perfect Health (Paperback)

By Joey Lott

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Diets Don t Work! Have you jumped from perfect diet to perfect diet only to end up sicker than you were when you started? In No More Perfect Diets, author Joey Lott takes us on a compelling and often heart-wrenching journey through his experiments with different dietary systems, shedding light on their promises and ultimate failures. In an era when obesity and degenerative diseases are running rampant, it s easy to look to the next dietary dogma as the ultimate savior, come to protect us from disease and, ultimately, death, but this book blows apart that theory, suggesting instead a much simpler (and enjoyable) approach to health. We often reject that which is needed. Do you believe you need a restricted, special diet in order to be healthy and happy? Do you spend a lot of time obsessing about food? Fear of certain foods has become so common we often don t think of it as a problem. The news is filled with stories villainizing fats one decade and carbs the next. But what if you could...



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Reviews

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