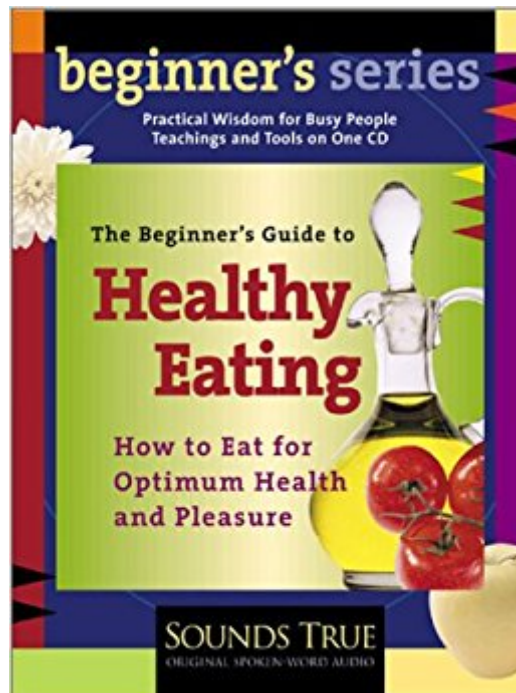




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# The Beginner's Guide To Healthy Eating



## Synopsis

With his bestselling book *Eating Well for Optimum Health* and popular public television specials, Dr. Andrew Weil has helped millions to cut through the confusion, hype, and often conflicting advice on what we should eat to feel our best and live longer. On *The Beginner's Guide to Healthy Eating*, America's most trusted natural health physician teaches the essentials of how to eat for optimum health and pleasure - distilled into one information-packed and easy-to-absorb audio course.

## Book Information

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## Customer Reviews

Dr. Weil directs the Program in Integrative Medicine at the University of Arizona in Tucson. He is recognized internationally as an expert on integrative medicine, mind/body health issues, and medicinal herbs.

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include *Spontaneous Healing* and *Natural Health* and *Eight Weeks to Optimum Health*.

Heard THE BEGINNER'S GUIDE TO HEALTHY EATING, written and read by Dr. Andrew Weil. Weil,

one of America's most well-known natural health physicians, does a nice job of presenting much of what I wished I had known many years earlier in my life . . . he reviews what you need to know about fats, carbohydrates, proteins and calories, and he also presents the secrets behind the Japanese and Mediterranean diets. Among the many tidbits I gained from listening to this short, but oh-so-insightful program were the following: \* The less you can get processed and refined foods in your diet, the better you are. \* Use olive oil as your major cooking oil. \* You must have Omega 3 fatty acids in your diet. \* Your protein should be 15-20% of your total number of calories. In general, try to eat more vegetable protein and less animal protein. I'd tell you more, but I now feel compelled to eat something healthy!

I was expecting more and I feel shortchanged. Listening to this was like listening to a lecture from a high school substitute teacher. While the facts and information presented was cogent, the entire package lacked. It was too short. boring. Uninformative, yet full of information. Um...I wouldn't purchase it again or recommend it to anyone.

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