

Eat Right For Life

YOUR COMMON SENSE GUIDE TO EATING RIGHT AND LIVING WELL

By Ann G. Kulze, MD

SPECIAL OFFER
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\$3.95 PER COPY (for orders of 2+ copies)



"Dr. Ann's approach to helping America make better food choices is above reproach. To be sure, we couldn't have asked for a more qualified, more thoughtful, and more plugged-in perspective than Dr. Ann's."

David Hunnicutt, PhD
President, WELCOA

With *Eat Right For Life*, your employees will learn powerful tips and strategies to help them eat the foods that will keep them healthy. By reading this book your employees will:

- * Gain expert guidance on how to choose the right fats.
- * Learn which carbs will keep them moving forward and which ones will hurt them.
- * Maximize the power of fruits and vegetables by zeroing in on the right ones.
- * Learn which protein sources are best for them and their health goals.
- * Discover and understand what the best beverages are for living right.

What else is inside?

- * No empty promises or schlock science.
- * Engaging and to-the-point strategies.
- * Easy-to-follow guidelines.
- * Fun and witty tips and strategies.



Eat Right For Life

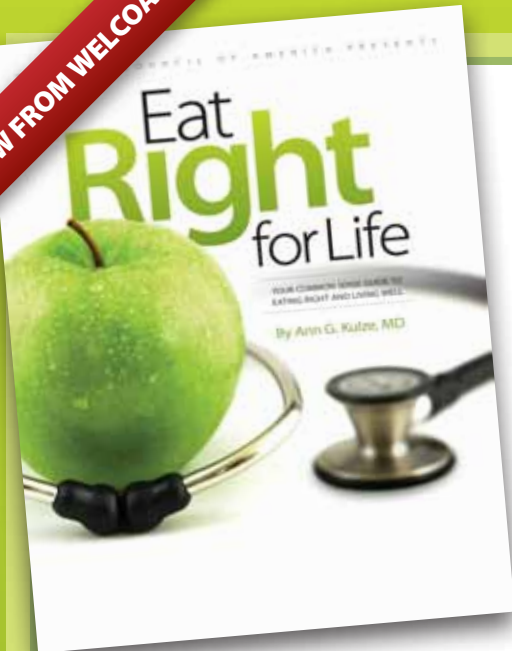
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