



Nutrition 101 : Choose Life a Family Nutrition and Health Program (A Family Nutrition and Health Program)

Debra Raybern, Sera Johnson, Laura Hopkins, Karen Hopkins

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Nutrition 101: Choose Life! is a three-in-one family nutrition and health program for all ages that presents the major body systems, how they function, their common health issues, the benefits of good food and the consequences of bad food. Its 448 pages include six units: -The Brain and Nervous System -Digestion and Elimination -Respiration and Olfactory -Muscular and Skeletal Systems -Cardiovascular and Immune Systems -Endocrine System and Emotions. Biblically based and packed with hands-on activities, science and art projects and nearly 80 family-friendly recipes, this program teaches and reinforces the why's of what we should eat, not just "because I said so." Containing a complete reference guide filled with nutrition facts, charts, practical tips and an exhaustive index, this book will serve as a constant resource for improved health and abundant living. "Nutrition 101: Choose Life! is a wonderful, well organized and much needed educational tool! There is simply nothing else out there like it!" - Thomas M. Reed, DPM, FACFAS, Double board certified in Podiatric Medicine and Surgery and author of Core Essentials Complete: 90 Days to a Healthier You "This not just another book on nutrition; It is 'the' book on nutrition. Thoroughly researched, well organized, and beautifully presented in full color, it is kid-friendly as well as adult-informative. If you were to actually hold a copy of this book and skim its contents, you would definitely want a copy for your family. With 448 pages of gorgeously illustrated information, you would have to purchase four or five other books to receive the abundance of information you will find in Nutrition 101. By owning this book of books, you will gain many times your money's worth in health benefits to yourself and your family." - David Stewart, Ph.D., co-author of Safe Alternatives in Childbirth, Five Standards for Safe Childbearing, Healing Oils of the Bible and The Chemistry of Essential Oils Made Simple

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