

"I recommend Integrative Nutrition as a must-read for everyone interested in this most basic component of good health."

Andrew Weil, MD, Bestselling Author of
8 Weeks to Optimum Health and Health Aging

INTEGRATIVE NUTRITION

*A Whole-Life Approach
to Health and Happiness*

UPDATED
EDITION

New Chapter on the
Health Coaching
Revolution!



Joshua Rosenthal

FOUNDER AND DIRECTOR, INSTITUTE FOR INTEGRATIVE NUTRITION

Joshua Rosenthal

Integrative Nutrition: A Whole-Life Approach to Health and Happiness



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Great book I like this book, it certainly talks about the objective of health coaches, We also chat a bout Joshua Rosenthal trajectory and what took him to build up The Institute of Integrative Diet. Great Great. I do certainly recommend to acquire this book when you have opt to join the movement as well as better if you are thinking about it but can not get a true commitment. must read Great book worth buying Bought this as a gift, she loves it very much Five Stars As students of IIN, that is a must!. Five Stars Primary food is usually the most important part. Good health Very informative



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