

"Jonny brings us a book far ahead of the nutrition curve. This is the first unbiased book I have ever seen on this subject, and I can't wait to recommend it to all my patients."  
—Fred Pescatore, M.D., Author of the New York Times best-seller, *The Hampton Diet*

# The 150

# Healthiest



# Foods

The Surprising,  
Unbiased Truth  
about What  
You Should Eat  
and Why

on 

# Earth

Includes  
Bonus  
CD!

**Jonny Bowden, Ph.D., C.N.S.**

Author of *Living the Low-Carb Life*  
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## **The 150 Healthiest Foods on Earth: The Surprising, Unbiased Truth About What You Should Eat and Why**



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Why get your nutrition from expensive health supplements when you can enjoy delicious, nourishing foods instead? A complete guideline to the healthiest foods it is possible to eat - and how exactly to cook them! From almonds to yucca, readers will see out what nutrients each of the 150 presented foods contains, what form provides the most nutrients, if it's been suggested to combat any diseases, how to locate it, how to prepare it, and just how much to eat - plus wonderful dishes using these occasionally obscure foods! Indexes by nutrient, by disease, and by meals make finding the thing you need a snap, and the at-a-glance structure makes the information as an easy task to digest because the foods themselves.



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