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Real Is the New Natural: Silence the Noise Blocking You from Healthy Living (Paperback)

By Julie D Andrews

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In Real Is the New Natural health and wellness writer Julie D. Andrews takes a look at the confusing, overwhelming and often damaging messages flung at all of us in everyday life under the guise of promoting health. As she tunes in more closely to America's inescapable messaging, she consults an impressive arsenal of expert nutritionists, doctors, psychologists and food scientists to clear the mind-clutter keeping so many Americans from achieving the healthy lifestyle they crave. It just didn't make sense. That's how this book started: utter befuddlement. Julie had been writing about health, and researching health-related topics and reporting on health and fitness news and trends for nearly 10 years, ever since starting her journalistic career at Prevention magazine. All the research she read, and expert sources with whom she spoke, made it clear that healthy lifestyle boiled down to about three simple steps: (1) Eat healthy; (2) Exercise regularly; and, (3) Reduce stress daily. And, yet. And, yet, obesity and diabetes epidemics continued to plague the nation; and, heart disease remained the leading cause of death in...



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