



My Body, My Vehicle: Your Atlas for Cruising the Highway to Health

Kellie Creamer

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My Body, My Vehicle is a guide for getting on and cruising down the highway to health. This is your atlas for creating and maintaining a healthy lifestyle. It gives simple, easy-to-follow steps for taking control of your body and steering it in the right direction. You'll learn about metabolism in a fun, easy-to-swallow, and very digestible manner. This book offers life-changing nutrition information for every body! Americans are unhealthier than ever today, despite, or perhaps because of, all the food options available. By taking a closer look at our body systems, our food supply, and the media who advertise those foods, we can make the best choices to optimize our health and well-being.

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