



Food to the Rescue: In Just 5 Easy Steps - Introduce Your Family to Healthy Living for Life

Jennifer Shell

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Food To The Rescue is a basic, easy to follow introduction to eating for health. This is contrary to what the general population does. Most families eat what is convenient and "tastes good", this includes fast food and junk food with minimal real food. This book covers the exploitation by the manufacturers of processed foods. It also discusses how the rate of disease like diabetes, obesity, heart disease, ADD and ADHD are rising while the amount of chemicals in our food is also on the rise. There are five easy steps for the reader to follow which put them on track toward good health. This is a must have for every family in America struggling with weight issues, diabetes, hypertension, headaches, and behavioral problems.

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