



Simply Nutrition

Aimee Richmond B S M D

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It's undeniable that the health of people in the United States presently is not at a good level; obesity has risen significantly, as people aren't eat what is healthy and right for a 2,000 calorie daily diet. Author Dr. Aimee Richmond has also noticed this unhealthy trend today and wants to educate readers on the world of nutrition through her new book, *Simply Nutrition*. With her doctorate in medicine, Dr. Aimee instructs on how to eat better through the presentation of nutrients needed for healthy bodies. She carefully defines the essential vitamins (such as vitamin C and folic acid) and minerals (like calcium and potassium), as well as the harmful effects of white sugar and white flour on health. Included in the book are healthy recipes readers can use to get the nutrients they need from fruits, vegetables, proteins and other food groups on the road to eating nutritionally better.

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From reader reviews:

Bobby Hall:

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, after that why you don't try issue that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Simply Nutrition, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its identified as reading friends.

Jennifer Garrison:

This Simply Nutrition is great guide for you because the content which can be full of information for you who all always deal with world and have to make decision every minute. This book reveal it details accurately using great arrange word or we can state no rambling sentences included. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but challenging core information with splendid delivering sentences. Having Simply Nutrition in your hand like keeping the world in your arm, info in it is not ridiculous one particular. We can say that no book that offer you world inside ten or fifteen moment right but this book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. occupied do you still doubt which?

Gail Boutwell:

Beside that Simply Nutrition in your phone, it may give you a way to get nearer to the new knowledge or information. The information and the knowledge you may got here is fresh from oven so don't possibly be worry if you feel like an old people live in narrow small town. It is good thing to have Simply Nutrition because this book offers to your account readable information. Do you oftentimes have book but you would not get what it's all about. Oh come on, that will not end up to happen if you have this with your hand. The Enjoyable blend here cannot be questionable, including treasuring beautiful island. Techniques you still want to miss this? Find this book along with read it from currently!

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