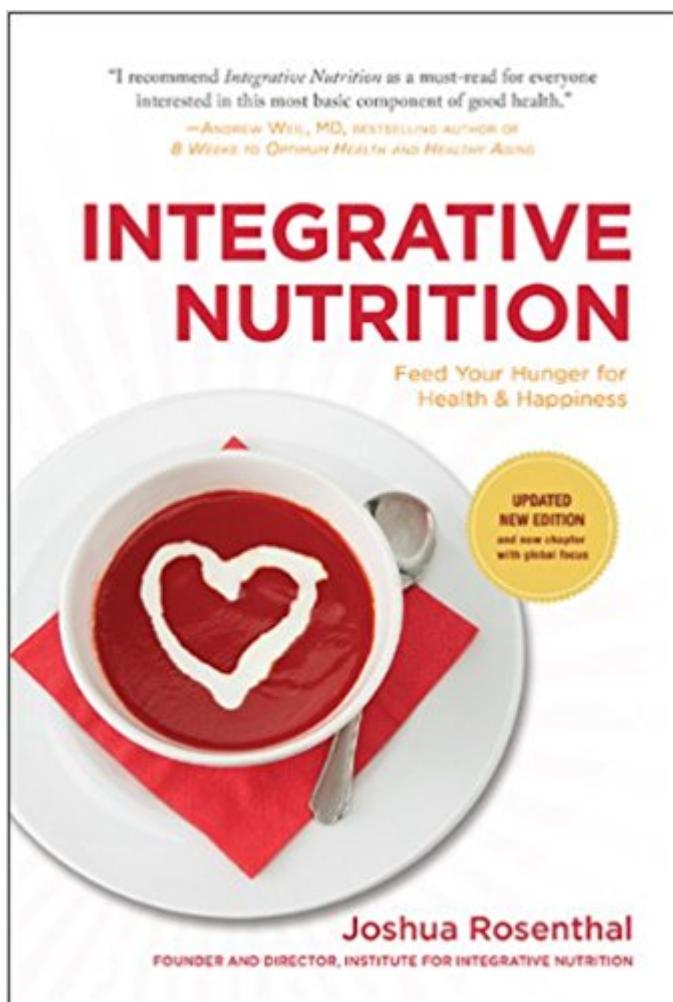


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# Integrative Nutrition (Third Edition): Feed Your Hunger For Health And Happiness



## Synopsis

There is no one-size-fits-all diet. Fad diets all promise miraculous results for your outward appearance--yet people continue to eat poorly, gain weight and depend on medications and operations to maintain their health. It's time for a reality check: there is no one-size-Ã Ã-Ã•s-all diet. Learn the secrets of intuitive eating and start building a new relationship with your body. Integrative Nutrition is loaded with valuable insights into nutritional theories, simple ways to nurture your body and holistic approaches to maximize health. Integrative Nutrition oÃ Ã-Ã•ers a play-by-play for proper nutrition and personal growth, and is packed with delicious, easy-to-follow recipes. What Integrative Nutrition can do for you:

- Learn the truth about food corporations, pharmaceutical companies and obesity.
- Weigh the strengths and weaknesses of many popular diets and cleanses.
- Discover why your body craves certain foods and why you should listen to those cravings.
- Explore the connection between food, sexuality, spirituality and work.
- Find out how cooking at home can boost your health.
- Add more to your diet rather than cut back.
- Release your dependency on restaurant food, fast food and processed food.
- Don't be a health food addict: enjoy your favorite foods without guilt.

## Book Information

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## Customer Reviews

For over 20 years, founder Joshua Rosenthal has been the director of the Institute for Integrative NutritionÃ Ã®--a school at the forefront of holistic nutrition education, offering comprehensive, cutting-edge training that enriches minds, careers and personal lives. His revolutionary approach introduces a wide variety of dietary theories--from Eastern to Western, ancient to modern and

everything in between. Joshua is a highly sensitive healer with a Masters of Science degree in Education and 30 years in the fields of whole foods, personal coaching and teaching. Visit IntegrativeNutrition.com for additional recipes and information.

Love this book by Joshua Rosenthal. I am currently a student at the Institute of Integrative Nutrition. This book provides a good supplement to what I am learning in the program. It covers the global health crisis, dietary theories, primary food, as well as the history of healthcare over the years and how it has changed. It is a very informative book. I highly recommend it!

Great easy read to help you on your way to taking back your life from any health problems but better yet how to understand what has happened and is happening in the disease care crisis, and how to turn it back to health care where the patient takes responsibility and has authority over their own care and body. Enjoy this journey and share what you learn so we can spread the truth about lifestyle makes the biggest difference! And taking care of our emotional and social and career and spiritual needs are our primary foods! Joshua shares how when these are in balance we tend to begin taking better care and doing what we know in the areas of the food we eat. This is a must read.

This book is so different from any "diet" or health books- but of course anyone who is familiar with the Institute for Integrative Nutrition or Joshua Rosenthal could have told you that.. This is a great book with a whole chapter of recipes at the end that are truly so so simple- I wish I could send them to my fiance as a good place for him to begin as he's learning to cook. Love Joshua, love the book. As a certified Therapeutic Nutritional Counselor and Herbalist, while studying to be a Holistic Health Coach I still learned a ton from this book. Love love love, 10 stars

This book is something you're gonna wanna read if you're going to take classes or are taking classes at IIN. It's an excellent tool for reinforcing what I am learning in my classes.

I absolutely love this book! Joshua writes of his experiences that led him to start the Institute for Integrative Nutrition, along with personal stories of students, and others whose lives have been changed by this magnificent school!

This book has helped hundreds of my clients awaken to their relationship with food and life. Joshua

has a way of expressing himself that stirs people's curiosity to learn more and do things differently. I was delighted that he released a 3rd edition. He added a chapter called 'A Global Ripple Effect' which explores the secrets of longevity based on research from other countries. And I noticed that the recipes look even yummy than before. If you're truly ready to explore your relationship with food, this book provides a guide to support your journey.

Integrative Nutrition is an eye opening read, filled to the hilt with information and ideas that truly make you stop and think about nearly every choice you make every single day...at every single meal and far beyond the table. In my eyes, Joshua Rosenthal is a genius. His approach to nutrition is dynamic, holistic, nothing short of incredible and ... yes, he makes living a healthy life achievable! In his book, Mr. Rosenthal takes you step by step through current nutrition and food industry topics, dietary concepts, and helps you to incorporate life long changes into your life. It's a must read - for anyone with a FORK AND A MOUTH!

This book should be required in Jr high school (Middle). Or parts of it. I think it would help our future children to build healthy relationships with people and food.

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