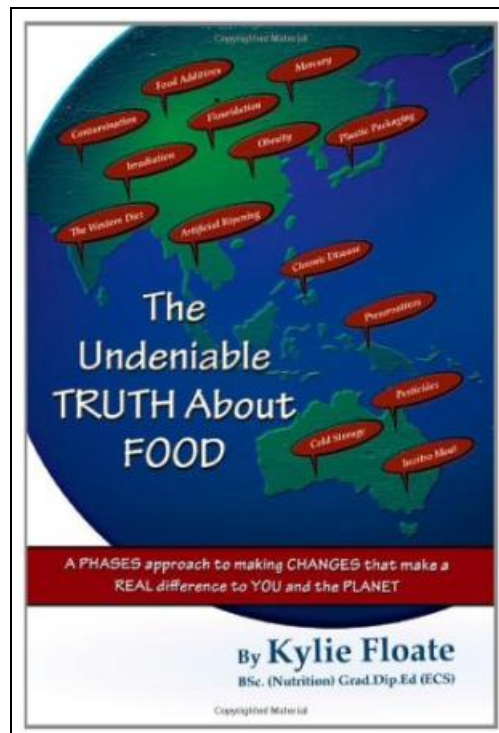


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Strategic Book Publishing Rights Agency, LLC, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Australian nutritionist Kylie Floate has written a must-read, information-packed book **The Undeniable TRUTH About Food: A PHASES approach to making CHANGES that makes a REAL difference to YOU and the PLANET**. Her book reveals the harsh reality of our food supply, including how it's produced, what's added, and what it's doing to us. Kylie provides a phases approach to making sustainable changes that will make a big difference in our health and for our planet. Kylie's journey began a decade ago when she was studying nutrition at university, giving her a solid foundation of knowledge. However, it was the incorrect diagnosis of her eldest daughter with juvenile bipolar disorder that fuelled her desire to dig deeper into the current practices of the food industry. She found that the more she researched, the more she uncovered. Besides eating healthy and avoiding food additives, she has plenty more to say. **The Undeniable TRUTH About FOOD** contains vital information about: Individual body requirements Factors affecting food intake Chronic diseases Food additives Food production Food legislation The Western diet Environmental impact Food integrity Kylie believes that consumers are more powerful than they realise, and that they have a real opportunity to assert for change in the food industry. The mother of four, Kylie Floate is a nutritionist and occasional school teacher living in rural Western Australia. Coming soon is her next book, **The Ultimate Supermarket Handbook**, a comprehensive supermarket resource that rates and reviews grocery items. //.

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