

# The Beginner's Guide to Healthy Eating

How to Eat for Optimum Health and Pleasure

Andrew Weil M.D.

Read by the Author

With his bestselling book, *Eating Well for Optimum Health* and popular public television specials, Dr. Andrew Weil has helped millions to cut through the confusion, hype, and often conflicting advice about what we should eat to feel our best and live longer. On *The Beginner's Guide to Healthy Eating*, America's most trusted natural health physician teaches the essentials of how to eat for optimum health and pleasure—distilled into one information-packed and easy-to-absorb audio course.

Dr. Andrew Weil is a clinical professor of internal medicine and director of the Program in Integrative Medicine at the University of Arizona's Health Sciences Center in Tucson. He received an AB degree in biology (botany) from Harvard and his MD from Harvard Medical School. Dr. Weil is an internationally recognized expert on medicinal herbs, mind-body interactions, and integrative medicine. He is the author of nine books, including such bestsellers as *Spontaneous Healing*, *Eight Weeks to Optimum Health*, and *Eating Well for Optimum Health*. In addition, he has a monthly consumer health newsletter, *Self Healing*.



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Andrew Weil M.D.

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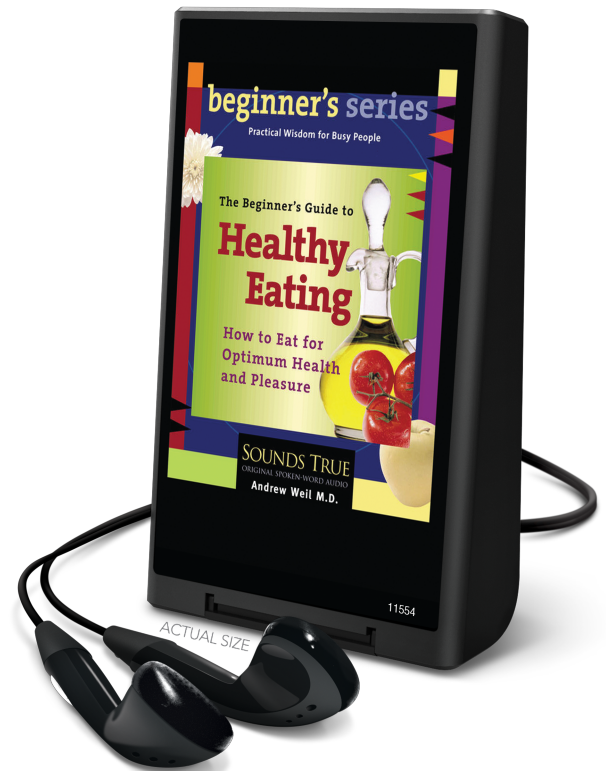


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