

FOOD WHAT THE HECK SHOULD I EAT?

Mark Hyman, MD

WRITTEN AND READ BY THE AUTHOR

#1 *New York Times* bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat.

Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil?

Even the most health-conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice.

Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food*, he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat.

With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food* is a no-nonsense guide to achieving optimal weight and lifelong health.

Mark Hyman, MD, is the director of the Cleveland Clinic Center for Functional Medicine, chairman of the board of the Institute for Functional Medicine, and founder and director of The UltraWellness Center. He is the bestselling author of numerous books, including *Eat Fat, Get Thin*; *The Blood Sugar Solution 10-Day Detox Diet*; and *The Blood Sugar Solution*.



Running Time: Approx. 10.5 Hours • Unabridged

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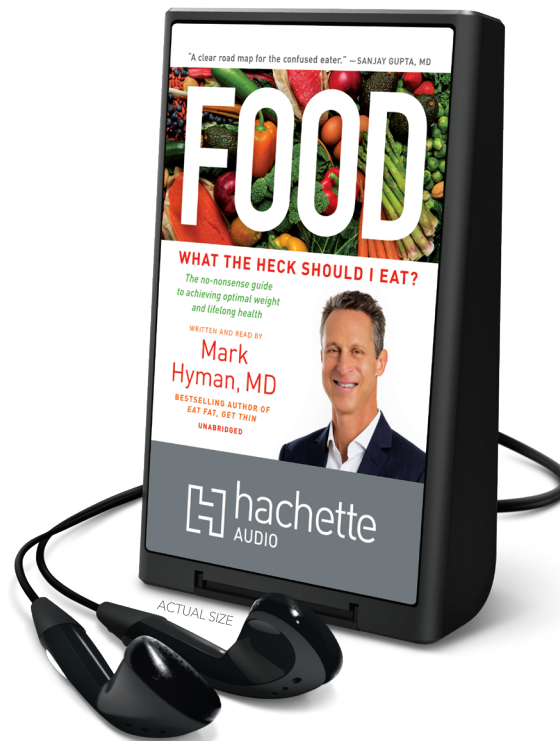
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The no-nonsense guide to achieving optimal weight and lifelong health

Mark Hyman, MD

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