



OUR MOST POWERFUL TOOL TO REVERSE THE GLOBAL EPIDEMIC OF CHRONIC DISEASE, HEAL THE ENVIRONMENT, REFORM POLITICS, AND REVIVE ECONOMIES IS FOOD.

What we eat has tremendous implications, not just for our waistlines but also for the planet, society, and the global economy. What we do to our bodies, we do to the planet, and what we do to the planet, we do to our bodies.

In *Food Fix*, #1 *New York Times* bestselling author Dr. Mark Hyman explains how our food and agriculture policies are unfairly influenced by money and lobbies that drive our biggest global crises: the spread of obesity and food-related chronic disease, climate change, poverty, violence, educational achievement gaps, social injustice, and more.

Pairing the latest developments in nutritional and environmental science with an unflinching look at the dark realities of the global food system and the policies that make it possible, *Food Fix* is a hard-hitting manifesto that provides solutions for citizens, businesses, and policymakers to create a healthier world, society, and planet. It will forever change the way you think about—and eat—food.

MARK HYMAN, MD is head of strategy and innovation for the Cleveland Clinic Center for Functional Medicine, board president for the Institute for Functional Medicine, and founder and director of The UltraWellness Center. He is the bestselling author of numerous books, including *Food; Eat Fat, Get Thin; The Blood Sugar Solution 10-Day Detox Diet*; and *The Blood Sugar Solution*.

READ BY THE AUTHOR



Running Time: Approx. 12.5 Hours • Unabridged

© 2020 by Hyman Enterprises, LLC. All rights reserved. Hachette Book Group supports the right to free expression and the value of copyright. The purpose of copyright is to encourage writers and artists to produce the creative works that enrich our culture. The duplicating, uploading, and distribution of this book without permission is a theft of the author's intellectual property. If you would like permission to use material from the book (other than for review purposes), please contact permissions@hbgusa.com. Thank you for your support of the author's rights. © 2020 by Hachette Audio. All rights reserved. © 2020 by Hachette Audio (packaging elements only). A division of Hachette Book Group, 1290 Avenue of the Americas, New York, NY 10104. www.HachetteAudio.com

PLAYAWAY®

Playaway pre-loaded audiobooks are the best way to listen, unplugged and uninterrupted.

WWW.PLAYAWAY.COM
© 2020 Playaway. Patented. All rights reserved.
Designed in Ohio. Made in China.



PLAYAWAY®

FOOD FIX

How to Save Our Health,
Our Economy, Our
Communities, and Our
Planet—One Bite at a Time

MARK
HYMAN,
MD

Unabridged



hachette
AUDIO

hachette
AUDIO



PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC.
31999 Aurora Road, Solon, OH 44139 USA