



Nourishing the Body and Recovering Health, The Positive Science of Food

Ana M. Negron

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In this one-of-a-kind book and guide, the author redefines health care as the practice of nourishing ourselves to support a lifelong partnership with our body. Guiding us from the human cell to the kitchen and beyond, the author explores every intersection where the body meets food. We are reminded that only nourishing food is capable of powering our metabolism, our brains, and our muscles. With the "Virtual Kitchen Tour"--a unique and practical exercise--we are invited to reevaluate our household food bank. Living in the context of relationships, family, friends, schools, senior centers, the workplace, and the community, all are recognized and respected participants in the lifestyle changes one will undertake. There is also a close look at how a western lifestyle contributes to chronic illness and how we can amend this. And through actual case studies we are invited to reflect on our own life ways.



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