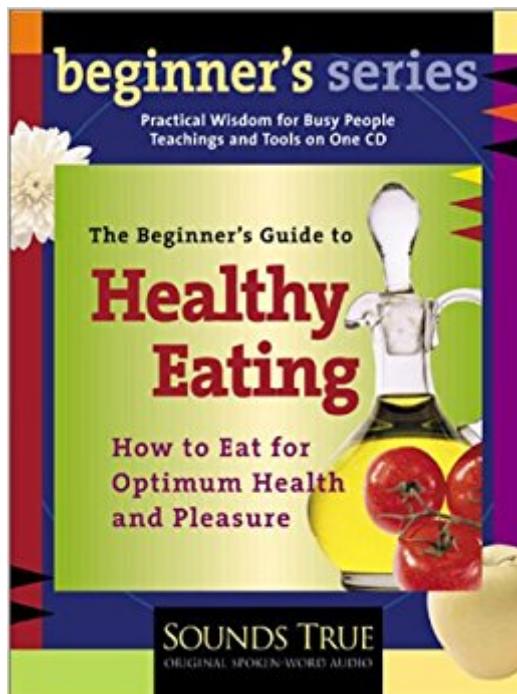


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# The Beginner's Guide To Healthy Eating



## **Synopsis**

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 on 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.

## **Book Information**

Series: Beginner's

Audio CD

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ISBN-10: 1591790506

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Product Dimensions: 8.1 x 6 x 0.8 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.0 out of 5 starsÂ  [See all reviewsÂ](#) (2 customer reviews)

Best Sellers Rank: #7,748,966 in Books (See Top 100 in Books) #15 inÂ  Books > Books on CD > Authors, A-Z > ( W ) > Weil, Dr. Andrew #311 inÂ  Books > Books on CD > Cooking, Food & Wine #3323 inÂ  Books > Books on CD > Health, Mind & Body > General

## **Customer Reviews**

I was expecting more and I feel shortchanged. Listening to this was like listening to a lecture from a high school substitute teacher. While the facts and information presented was cogent, the entire package lacked. It was too short. boring. Uninformative, yet full of information. Um...I wouldn't purchase it again or recommend it to anyone.

Heard THE BEGINNER'S GUIDE TO HEATLHY EATING, written andreal by Dr. Andrew Weil.Weil, one of America's most well-known natural health physicians,does a nice job of presenting much of what I wished I had knownmany years earlier in my life . . . he reviews what you need to knowabout fats, carbohydrates, proteins and calories, and he also presentsthe secrets behind the Japanese and Mediterranean diets.Among the many tidbits I gained form listening to this short, butoh-so-insightful program were the following:<sup>\*</sup> The less you can get processed and refined foods in your diet,the better you are.\* Use olive oil as your major cooking oil.\* You must have Omega 3

fatty acids in your diet.\* Your protein should be 15-20% of your total number of calories. In general, try to eat more vegetable protein and less animal protein. I'd tell you more, but I now feel compelled to eat something healthy!

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