



Traditional Nutrition: From Weston A. Price to the Blue Zones; Healthy Diets from Around the Globe

By Ben Hirshberg

Eudaimonia Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What is the healthiest way to eat? In today's society there is an endless stream of health professionals telling us what we should and shouldn't eat, but very few of them ever seem to agree with each other! The nutritional minefield that has arisen from significant discrepancies in scientific research can be confusing and frustrating to navigate. Just how do you eat healthily? Should you be cutting out all carbs, or just some? Should you swear off meat? Or dairy? Should you be restricting calories? No one seems to have a definitive answer. Take a step back from the madness. What if we took a step back from the nutrition minutia and looked at the big picture? That's the strategy employed in Traditional Nutrition. Instead of poring over contradictory evidence and scrutinizing every last study variable, Ben Hirshberg looks instead to history's healthiest human populations. Through the examination of Weston A. Price's research and revelations from the Blue Zones, Hirshberg brings a refreshingly open-minded and honest approach to both diet and...



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