



# **Living a Real Life with Real Food: How to Get Healthy, Lose Weight, and Stay Energized—the Kosher Way**

*Beth Warren*

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When navigating the world of health and wellness, we desperately seek nutrition advice from newspapers, magazines, our “know-it-all” neighbor, our grandmothers’ old wives’ tales, the muscular guy at the gym, or “expert” health-care professionals. With good intentions to become healthier, we find ourselves confused by the conflicting messages that arise from mantras to “eat this, not that.”

These complicated trends leave us at a loss of what to eat to become or stay healthy and derail our nutritious path. During the journey toward better health, the simple enjoyment of real food gets lost to the “cutting and pasting” of fad diets, such as the HCG diet and buzzwords like “superfood.”

In *Living a Real Life with Real Food*, registered dietician and certified nutritionist Beth Warren writes with a kosher perspective and relies on science and her clients’ experiences to show that the best way to lose weight, build strength, and help fight obesity-related diseases is to eat the natural, organic, whole foods that people have been eating for centuries—before fad diets and America’s food system got in the way.

The advice, recipes, and meal plans presented in this book will help the average reader attain a healthier and more energetic lifestyle regardless of how familiar they are with kosher, organic, and whole foods before they begin reading.

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