

What Animals Can Teach Us About Rediscovering Our Nutritional Wisdom



Nourishment: What Animals Can Teach Us about Rediscovering Our Nutritional Wisdom by Fred Provenza

★★★★☆ 4.6 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 385 pages



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In his groundbreaking book, *What Animals Can Teach Us About Rediscovering Our Nutritional Wisdom*, Dr. David A. Steen shows us how animals can help us understand the importance of eating a nutrient-rich diet. By studying the eating habits of animals, Dr. Steen has identified five key principles that can help us make healthier choices about what we eat. These principles are:

1. **Eat a variety of foods.** Animals eat a wide variety of foods, and this helps them to get all the nutrients they need. We should do the same. Eating a variety of foods helps us to avoid nutrient deficiencies and to get all the health benefits that different foods have to offer.

2. **Eat nutrient-rich foods.** Animals instinctively eat foods that are nutrient-rich. We should do the same. Nutrient-rich foods are those that are high in vitamins, minerals, and other nutrients. These foods help us to stay healthy and to prevent chronic diseases.
3. **Eat in moderation.** Animals don't overeat. They eat until they are full, and then they stop. We should do the same. Overeating can lead to weight gain, obesity, and other health problems. Eating in moderation helps us to maintain a healthy weight and to avoid these problems.
4. **Listen to your body.** Animals listen to their bodies. They eat when they are hungry, and they stop eating when they are full. We should do the same. Listening to our bodies helps us to avoid overeating and to eat the right amount of food for our needs.
5. **Be grateful for your food.** Animals are grateful for their food. They appreciate the nourishment that it provides them with. We should do the same. Being grateful for our food helps us to enjoy it more and to appreciate the importance of a healthy diet.

By following these five principles, we can improve our health and well-being. We can learn from animals how to eat a nutrient-rich diet that will help us to live longer, healthier lives.

About the Author

Dr. David A. Steen is a registered dietitian and nutritionist with over 25 years of experience. He is the author of several books on nutrition, including *What Animals Can Teach Us About Rediscovering Our Nutritional Wisdom*. Dr. Steen is a passionate advocate for healthy eating, and he believes that animals can teach us a lot about how to eat well.

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What Animals Can Teach Us About Rediscovering Our Nutritional Wisdom is available now from all major booksellers. Free Download your copy today and start learning how to eat like an animal for better health and well-being.



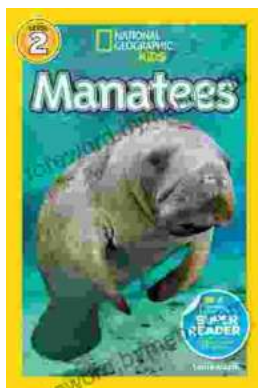
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