



Food Smart

Cheryl Townsley

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"As I share my healing experiences and the key principles that helped me unlock my health process, I trust that you, too, will become healthier." -Cheryl Townsley.

When Cheryl Townsley awoke in a hospital bed after her suicide attempt, she remembered only one thing: the feeling of lethargy and despondence, of being overweight and over-tired, that had plagued her life for years.

Caring friends urged her to visit a nutritionist. She did, and gained energy, hope, enthusiasm for her life, and control over her health. The result of her healing is Food Smart!, wherein Townsley offers prevention techniques and suggestions, and keys to understanding why we might not feel so good today.

Readers discouraged by chronic fatigue or disease, frustrated by quick fixes and pills that never work, or tired of trying one diet after another only to gain the weight back again, can become Food Smart! with this simple step-by-step strategy for making permanent life changes. A glossary and appendixes listing resources, from mail-order wholesalers to health magazines and cookbooks, food preparation suggestions, menu planning ideas, and other tips, will excite readers about a healthy lifestyle.

New recipes and a sense of humor become indispensable companions on the quest for health in this warm and encouraging handbook to wellness.

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