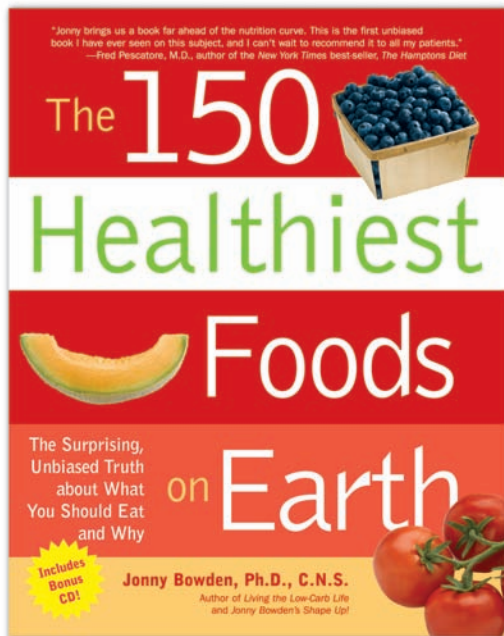


Now Available!



The 150 Healthiest Foods on Earth

The Surprising,
Unbiased Truth about
What You Should Eat and Why

By Jonny Bowden, Ph.D., C.N.S.

Acclaimed nutritionist Dr. Jonny Bowden debunks old-school food myths, saves the reputations of foods long suffering from bad PR, and provides you with just the facts—what you need to know to make good, health-conscious decisions about which foods you and your family should eat.

Learn the latest research findings and recommendations from around the world—amazing discoveries—about the health benefits of nutrient-packed foods you've loved since you were a kid, and some you've never tried!

Stunning answers to food fables will open your eyes to surprisingly healthy foods.

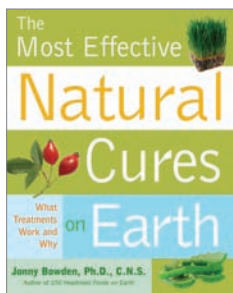
- Why you never need to eat another egg white omelet again
- What naturally occurring fat helps you lose weight and fight cancer and is only found from the meat or products from grass fed animals
- Why all salmon is not created equal
- Why soy may not be the health food you thought it was
- Why organic is not always meaningful

No food provides everything. Some foods provide great fats like omega-3s, but no calcium. Others provide a wealth of vitamins and minerals, but no protein. But real food—whole food with minimal processing—contains a virtual pharmacy of nutrients, phytochemicals, enzymes, vitamins, minerals, antioxidants, anti-inflammatories, and healthful fats, and can keep you alive and thriving into your tenth decade.

The 150 Healthiest Foods on Earth Features a bonus CD with excerpts from Jonny's acclaimed program "23 Ways to Improve Your Life"

Jonny Bowden, Ph.D., M.A., C.N., C.N.S., is a nationally known expert on weight loss and nutrition, is the popular Weight Loss Coach on iVillage.com and is the author of the best-selling *Living The Low Carb Life: Choosing the Diet That's Right for You from Atkins to Zone*. The host of a popular call-in health show, he has appeared on CNN, Fox News, MSNBC, ABC, NBC and CBS as a health expert and is a popular speaker at media events and seminars. He lives in Sherman Oaks, California. Visit www.jonnybowden.com and www.askjonnybowden.com.

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