

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.

"The 150 Healthiest Foods on Earth is simply delightful! The information is accurate; the presentation is a visual feast. All in all, reading this book is a very satisfying experience."

– *Christiane Northrup, M.D.*, Author of *Mother-Daughter Wisdom*,
The Wisdom of Menopause, and *Women's Bodies, Women's Wisdom*

"If you're interested in nutrition, if you care about your health, you need this book. It's interesting, fun to read, and jam-packed full of incredibly useful information, quite a lot of which will surprise you. This book is guaranteed to make you a healthier person, provided you take even a tenth of Jonny's advice."

– *Dana Carpender*, Best-selling Author of *500 Low-Carb Recipes*,
The Every-Calorie Counts Cookbook, and *How I Gave Up My Low Fat Diet and Lost 40 Pounds*

"Follow Jonny's advice and you'll ward off illness, have tremendous energy, and achieve optimum health. You can't go wrong!"

– *Stephen T. Sinatra, M.D., F.A.C.C., C.N.S.*, Coauthor of *Reverse Heart Disease Now*

"Wow! What a book. It is incredibly practical, informative, and up to date. A definite must-read!"

– *Dharma Singh Khalsa, M.D.*, Author of *Brain Longevity*

"Wow! What a fun and useful book."

– *Elson M. Haas, M.D.*, Author of *Staying Healthy with Nutrition*

"A must read-book packed with as much nutritional information and common sense as these 150 foods are packed with good nutrition. A book no person who professes interest in nutrition should be without."

– *Drs. Michael and Mary Dan Eades*, New York Times best-selling Authors of *Protein Power*

"Jonny Bowden again shows why he is one of the best nutrition writers in the country. I strongly recommend this book for anyone looking to achieve optimal health."

– *Barry Sears, Ph.D.*, New York Times Best-Selling Author of *The Zone*

"The 150 Healthiest Foods on Earth is packed with sound, useful information that will help you make the right choices in eating for health and pleasure."

– *Leo Galland, M.D.*, Author of *The Fat Resistance Diet* and *The Four Pillars of Healing*

"Foods are drugs and Dr. Bowden provides a great tour through the best 150 choices."

– *Mehmet C. Oz, M.D.*, New York Times Best-Selling Author of
YOU: The Owner's Manual and *YOU: The Smart Patient*

"Jonny Bowden has captured the essence of optimal nutrition in his marvelous book. The totality of knowledge, humor, clarity, and ease of reading could make this one of the best sources for a healthy food guide to come along in decades. It should be on everyone's table so that we really know that 'what we eat is what we become.'"

– *Mark Houston, M.D., M.S., S.C.H., A.B.A.A.M., F.A.C.P., F.A.H.A.*,
Associate Clinical Professor of Medicine, Vanderbilt University
Editor-in-Chief of the *Journal of the American Nutraceutical Association*
Author of *What Your Doctor May Not Tell You About Hypertension*



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