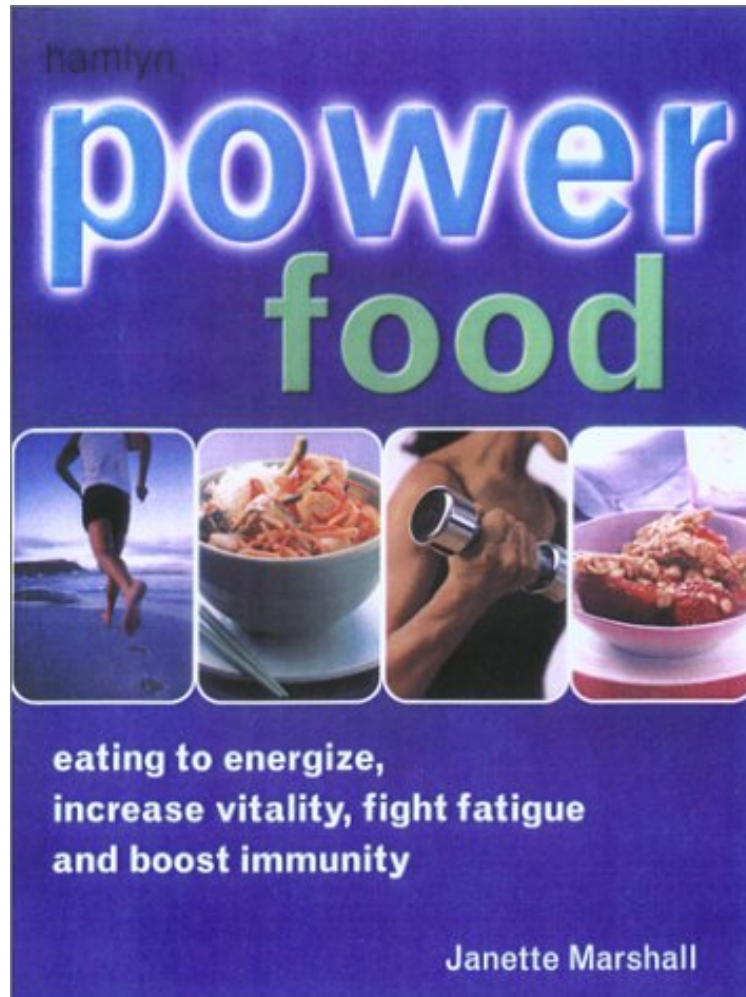


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## Power Food: Eating to Energize, Increase Vitality, Fight Fatigue, and Boost Immunity

Janette Marshall

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**Janette Marshall : Power Food: Eating to Energize, Increase Vitality, Fight Fatigue, and Boost Immunity**  
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Power Food: Eating to Energize, Increase Vitality, Fight Fatigue, and Boost Immunity:

A feast of information for those looking to get more from their food and from their lives.

From the Back Cover Choosing the right foods for a more energetic and healthy life is the theme of this positive and

instructive book. In *Power Food*, health journalist Janette Marshall shows us how specific high-energy foods can provide us with lasting vigor, help us fight fatigue, and increase our vitality and immunity levels. *Power Food* concentrates on how, when combined with regular exercise, the twenty-five identified power foods hold the key to greater fitness, strength, stamina, and well-being. Marshall profiles each foodstuff - including citrus fruits, energy grains, pasta, seafood, and peas - detailing its nutritional value and recommending how and when each should be eaten for maximum benefit. Each suggestion is supported by quick and healthful recipes to help readers incorporate the foods into their daily lifestyles, and there are sections of tips on how our bodies use the food we eat and the best ways to maintain energy levels. (7 1/2 x 10 1/4, 128 pages, color photos) Janette Marshall is an author and journalist who has specialized in diet, health, and nutrition for fifteen years and is currently health editor of *Eve* magazine.