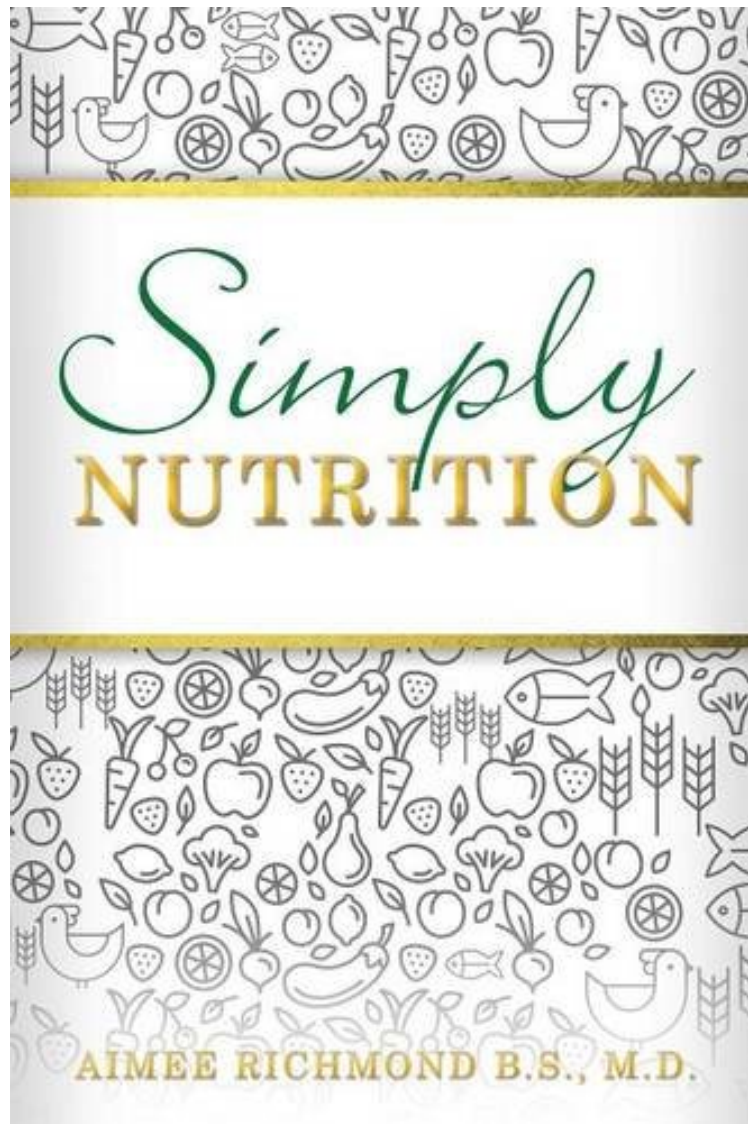


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Simply Nutrition

Aimee Richmond B S M D

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Aimee Richmond B S M D : Simply Nutrition before purchasing it in order to gage whether or not it would be worth my time, and all praised Simply Nutrition:

0 of 0 people found the following review helpful. Filled With Valuable InformationBy CBM Book ReviewsSimply Nutrition by Aimee Richmond, BS, MD, presents a keen understanding of science and nutrition, the role nutrition and how they relate to health and wellness. Simplifying nutrition, Aimee gives an overview of the bodys needs in relations to fats, proteins, carbohydrates, fiber, vitamins and minerals. In an easy-to-read format, and without the over usage of

scientific jargon, she plainly explains the body's digestion, absorption and the breaking down of different sugars, carbohydrates, proteins and fats into the human digestive system and bloodstream. Giving the necessary ingredients for life, she names protein and 9 essential amino acids that sustain life. We all eat, she explains, and her book is a simple way to understand how the body works and what to eat naturally to provide optimum health. Along with the 9 essential amino acids, the author provides expertise with a complete overview of essential vitamins, minerals and essential fatty acids, to include the omega 3 and 6 fatty acids. The author gives the benefits, affects and sources of these vitamins, which will help readers to make smart choices for the nutritional needs. Along with the necessity of essential fatty acids and oils versus the American diet containing too much refined sugar, refined grains, and excess carbohydrates that turn in to sugar, therefore exhausting the pancreas. Additionally, she gives vital instruction on minerals and calcium, to include the intake of sodium and water all necessary. Giving a list of healthy nutritious food and recipes at the end compliment the book for those that want to change their eating habits. Favorites like lasagna, chili and even macaroni and cheese will please readers that they can make things they are relatively used to, just in a different way. After reading the book, readers will have a better understanding of how the body uses food, vitamins, minerals, sodium and water to regulate functions. This is a great book to glean from and understand the body's functions to regain or sustain good health. Simply Nutrition comes highly recommended for anyone interested in improving their overall nutritional health or for people who have had past health problems. They might find that changing their diet will have a huge effect on their health and/or symptoms.

It's undeniable that the health of people in the United States presently is not at a good level; obesity has risen significantly, as people aren't eat what is healthy and right for a 2,000 calorie daily diet. Author Dr. Aimee Richmond has also noticed this unhealthy trend today and wants to educate readers on the world of nutrition through her new book, Simply Nutrition. With her doctorate in medicine, Dr. Aimee instructs on how to eat better through the presentation of nutrients needed for healthy bodies. She carefully defines the essential vitamins (such as vitamin C and folic acid) and minerals (like calcium and potassium), as well as the harmful effects of white sugar and white flour on health. Included in the book are healthy recipes readers can use to get the nutrients they need from fruits, vegetables, proteins and other food groups on the road to eating nutritionally better.