



Hidden Dangers in What We Eat and Drink: A Lifelong Guide to Healthy Living (Jan de Vries Healthcare)

Jan de Vries

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Food and drink today contains many additives, E numbers, and other hidden dangers that could affect people physically, mentally, and emotionally. The growth in the problems of hyperactivity and autism are just two examples of the perils of an unbalanced food pattern. This book contains advice on food and dietary management, highlights the potential problems with what we consume, and provides sensible advice on how to adjust our food pattern accordingly when certain problems arise. The immune system is very complex and depends on the nutritional values necessary for energy and vitality. In today's fast-moving society, there are many convenience foods available, and these foods can ultimately damage the immune system. As such, there is a great need for more natural input in order to get the right output, namely healthy living.

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