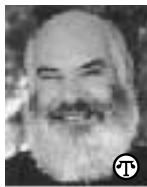


BOOKS WORTH READING

Eating Well Is The Best Revenge

(NAPSA)—Experts say many Americans are more confused about diet and nutrition than almost any other aspect of their lives. Why? Because they have been receiving mixed messages about food and diet for decades.



Andrew Weil,
M.D.

A new book out now, *Eating Well for Optimum Health: The Essential Guide To Bringing Health and Pleasure Back To Eating* (Quill; \$14.00), by Dr. Andrew Weil claims to clear up the diet bewilderment of many.

Because Americans are bombarded by completely contradictory information in books and magazines, on television and radio and through advertising and the Internet, more and more people are perplexed. The end result of this confusion is ineffective fad diets.

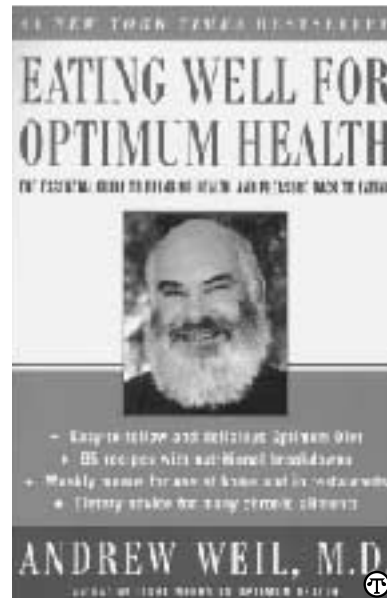
Dr. Weil has been studying diet and nutrition for over three decades. He believes that diet is one of the cornerstones of a healthy life and he can teach readers how, through diet, to develop and maintain a health and wellness program for life.

In *Eating Well For Optimum Health*, Dr. Weil details the essential facts of human nutrition, and enables readers to make informed choices of what they should eat. Dr. Weil also says “eating well” is an important determinant of how we feel and how we age.”

Dr. Weil educates readers about weight reduction and diet aids; discusses the pros and cons of popular diets; demystifies labeling on food products; and provides dietary tips for overcoming com-

mon ailments.

He identifies what he considers good and bad foods and describes how our bodies react to them. Dr. Weil explains that by exploring all the issues and controversies surrounding food and nutrition, readers can make the right dietary choices. Then they may be able to establish a sense of what eating well really means.



A new book shows how diet can supply the basic needs of the body and fortify the body's defenses and mechanisms of healing.

Lastly, Dr Weil discusses what he feels is “the best diet in the world,” and even includes 75 recipes he thinks can help readers get started on the road to wellness.

Eating Well for Optimum Health is available in bookstores everywhere.