



Shopper's Guide to Healthy Living

Kathy Loidolt

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Shopper's Guide to Healthy Living by Kathy Loidolt is the highly readable, one-stop shopping and lifestyle guide for people who want to improve their family's health and vitality but don't know how. The author starts with simple changes readers can make in their eating habits and introduces five phases of wholesome directives to leading a healthy, full life. Each phase builds on the previous to assist the reader in eating healthy and living the good life. Ultimately moving into natural household and personal hygiene products, readers are provided simple explanations of everything from flax oil to why increasing omega-3 levels and reducing free radicals is imperative to one's health. Leaving no stone unearthed, this guide covers every aspect of what it takes to simplify the healthy way to live.

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