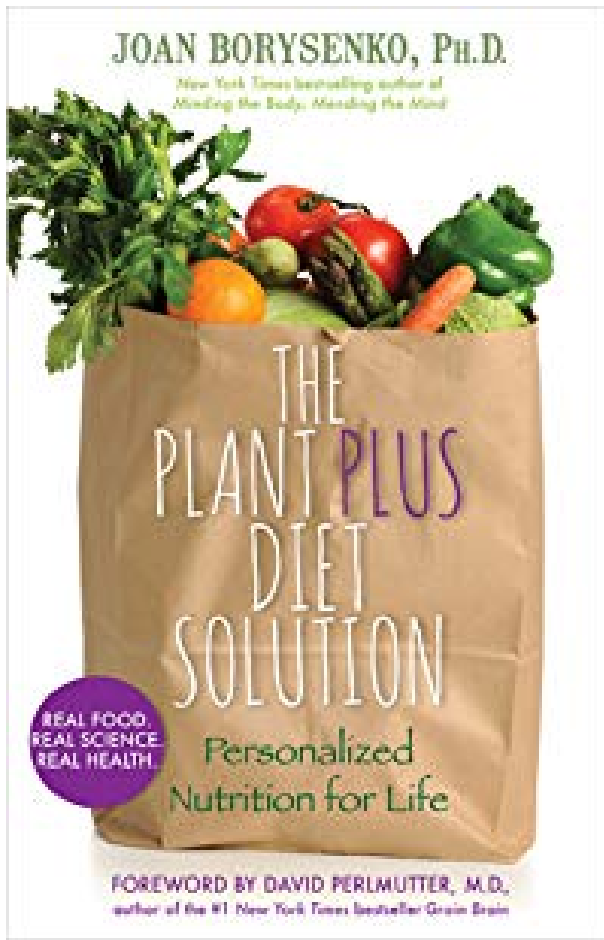


The PlantPlus Diet Solution: Personalized Nutrition for Life



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Nutrition for the 21st Century Joan Borysenko, Ph.D., a Harvard-trained cell biologist, health psychologist, and New York Times best-selling author, believes that when you've got the right information, you can make powerful choices to change your life.

She cuts through the thicket of confusing—and often downright wrong—advice on nutrition and gives you easy-to-digest, bite-sized servings of real scientific information so you can discover which foods your body needs to heal and thrive. Since Joan wears two hats—as a psychologist and a cell biologist—you can trust her to psych out your inner saboteur, enabling you to make the changes you've been dreaming of. And as a busy woman who loves good food, she'll teach you how to make simple, scrumptious, satisfying meals that you and your family will love whether you're omnivores, vegans, or vegetarians. In this groundbreaking book, Joan will help you: Get up-to-date information on the nutrition revolution Make friends with the plants that feed your gut bacteria Lose the weight and keep it off Understand how diet changes your genes and how your genes determine your best diet Fill out a health symptom checklist and track the changes as your personalized PlantPlus Diet optimizes your metabolism Know which tests to ask your doctor for and why Create a sleek

and streamlined PlantPlus kitchen Make fabulous meals in minutes with simple recipes and meal plans