



## Naked Calories: Discover How Micronutrients Can Maximize Weight Lose, Prevent Disease and Enhance Your Life

By Mira Calton

Changing Lives Press. Hardcover. Book Condition: New. Hardcover. 294 pages. Dimensions: 9.1in. x 6.2in. x 1.0in. Naked Calories reveals the naked truth about what you are eating and how your lifestyle habits may unknowingly be sabotaging your health. The secret lies in micronutrients, vitamins and minerals that are being stripped from your diet and depleted by your lifestyle. On the Caltons six-year global research expedition they discovered that modern practices such as global food distribution, factory farming, and food processing are creating foods filled with Naked Calories--calories void of any real nutritional value. The dynamic authors break it down to a simple three-step plan and teach you how to source better foods, eliminate unhealthy habits, and make choosing the best supplement as easy as ABC. Naked Calories, this decades Fast Food Nation, will help millions of people gain a new depth of understanding about how to maintain health in the 21st century. The Caltons are among the worlds leading experts on the topics of weight management, lifestyle medicine and micronutrient deficiency. In 2005, they set sail on a 100-country, 7-continent, 6-year global expedition, exploring the dietary and lifestyle habits of people around the world. Their research has led them to...



**READ ONLINE**  
[ 2.96 MB ]

### Reviews

*Absolutely essential read publication. it absolutely was writtern very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Sarai Lebsack**

*Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.*

-- **Lindsey Larson**