



# **Nutrition Zombies: Top 10 Myths That Refuse to Die (and How to Keep Them from Sabotaging Your Diet)**

*Monica Reinagel*

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## **Nutrition Zombies: Top 10 Myths That Refuse to Die (and How to Keep Them from Sabotaging Your Diet)** Monica Reinagel

Licensed nutritionist and dedicated myth-buster Monica Reinagel (aka the Nutrition Diva) drives a stake through the heart of 10 persistent nutrition myths - so that you can get on with the business of eating well and feeling fabulous. Next time you get one of those emails from your mother warning that drinking ice water with meals causes stomach cancer, or your spinning instructor starts explaining the importance of a regular "cleanse", or your co-worker claims that today's fruits and vegetables are completely devoid of nutrients, you'll be armed with the actual facts.

Eating healthy isn't as difficult (or as joyless) as you've been led to believe. In this brief but fact-filled audiobook, Monica sifts through the science and the silliness, separates food fact from food fiction, and offers her unique spin on the art of eating well.

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