



What Does That Even Mean?! - A Navigational Guide to Understanding the Health Hype

Kimberley Gray

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A brief and entertaining guide to some of the most common questions and confusing terms used in health and dieting today. Whether you're just trying to make a few new healthy habits or you're a seasoned dieting pro, this book provides key information that every health (or budding-health) enthusiast should know!

From the nerotic mind of blogger Kimberley Gray, author of "Health and Happiness in a Deep-Fried World", comes this navigational roadmap, a simple breakdown of key terms and rules for keeping a healthy diet.

Chapters range from "What is a calorie?" to "Why sugar rots your teeth" and "Processed Foods vs Organic Foods". She also provides a rundown of key vitamins and minerals and explains the unbiased difference between fat, carbs and protein. A must-read!

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