

ASK THE NUTE GURU

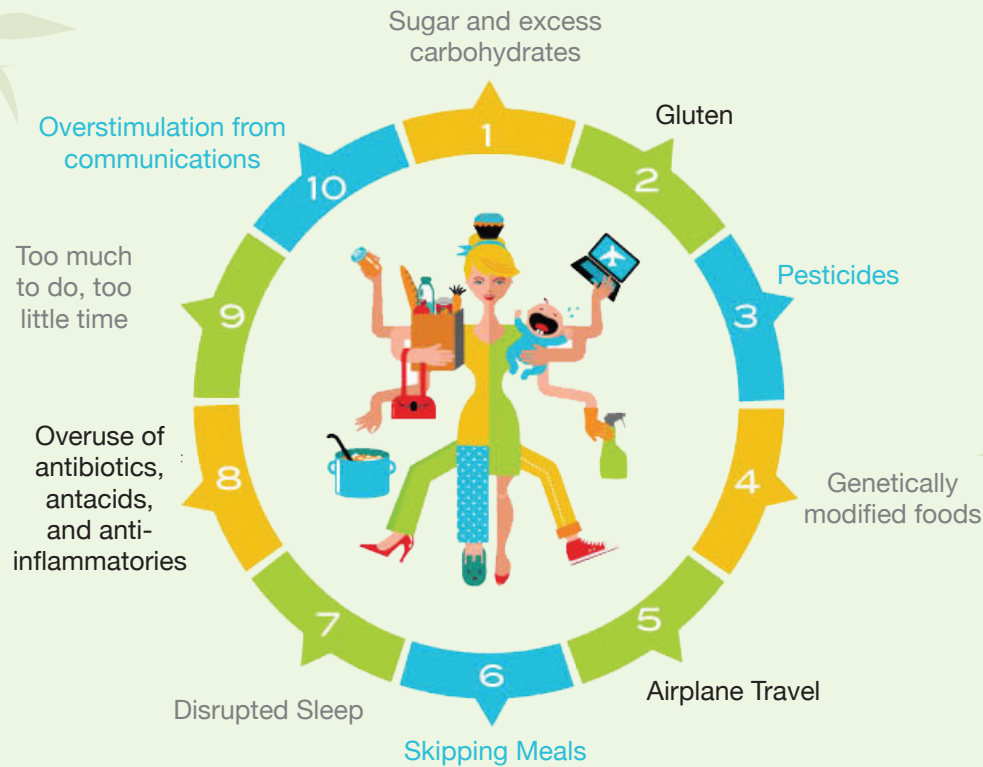
THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.

Q

A friend recently mentioned that her nutrition coach told her that her diet was a chief contributor to her stress level. She is a bit skeptical that food could really be adding to her stress. What can you tell me about this?

A

Someone should give your friend's nutrition coach a pat on the back! I recently read an article that listed 5 of the top 10 stressors of modern life as being directly or indirectly linked to the foods we eat. Eating the wrong foods can cause insulin instability, inflammation, oxidative stress and a host of other conditions that stress your body and thus you! Take a look...



http://doctordoni.com/wp/wp-content/uploads/2014/04/TOP-10_clean.jpg

PROJECT: PFC