



What the Bleep \$#@! Can I Eat?

Dr. Debra Anastasio

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What the Bleep \$#@! Can I Eat? is an indispensable guide for planning healthy meals for the whole family. Dr. Anastasio exposes the harmful effects of processed and manufactured foods while teaching you how to eat real food even with limited kitchen skills or tight budget. This is way more than a cookbook, this is a guide to improving the immune system, controlling blood sugar, restoring normal digestive health, reducing cholesterol and blood pressure, reducing cancer risk, slowing down aging, and more!

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