

Healthy4life.ca Nutrition Book Club - February 2018

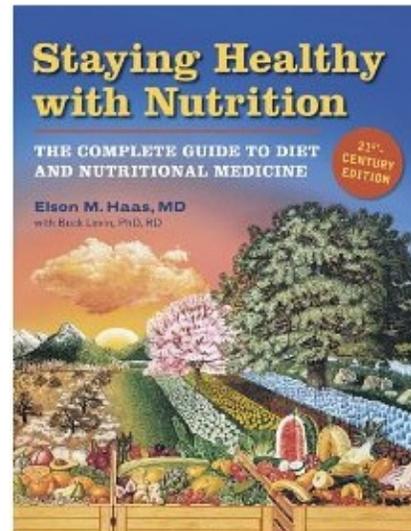
Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

Staying Healthy With Nutrition Rev. The Complete Guide To Diet and Nutritional Medicine

Elson M. Haas MD and Buck Levin PhD RD
ISBN 978-1587611797 paperback and Kindle
ASIN B00AGVNGNG and Kobo ISBN 978-
1607745075

Discussions will be held online using Zoom Meetings 2 or 3 evenings per month and will start on Monday February 26th. Please read Chapter 1 Water prior to the discussion.



To join the book club send an email to cathyferrenrhn@gmail.com with Join Book Club in the subject line. Once you join, you will receive an email after each discussion with the pages to read for the next discussion. There will be a link to a pdf of some questions to answer while you do the reading to prepare for the discussion.

**Be healthy 4 life,
Cathy Ferren RHN**

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