



The PlantPlus Diet Solution: Personalized Nutrition for Life

Joan Borysenko

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Nutrition for the 21st century. A personalized, whole-foods solution for person and planet.

Let's prevent and reverse the epidemic of obesity, diabetes, inflammation, and chronic illness • that is bankrupting our country, our kids, and our future.

Joan Borysenko, Ph.D., a Harvard-trained cell biologist, health psychologist, and *New York Times* best-selling author, believes that when you've got the right information, you can make powerful choices to change your life. She cuts through the thicket of confusing—and often downright wrong—advice on nutrition and gives you easy-to-digest, bite-sized servings of real scientific information so that you can discover which foods your body needs to heal and thrive. Since Joan wears two hats—as a psychologist and a cell biologist—you can trust her to psych out your inner saboteur and help you make the changes you've been dreaming of. And as a busy woman who loves good food, she'll teach you how to make simple, scrumptious, satisfying meals that you and your family will love whether you're omnivores, vegans, or vegetarians.

- Get up-to-date information on the nutrition revolution
- Make friends with the plants that feed your gut bacteria
- Lose the weight and keep it off
- Get the skinny on how diet changes your genes and how your genes determine your best diet
- Fill out a health symptom checklist and track the changes as your personalized PlantPlus Diet optimizes your metabolism
- Understand what tests to ask your doctor for and why
- Create a sleek and streamlined PlantPlus kitchen
- Make fabulous meals in minutes with simple recipes and meal plans

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Charlotte Neville:

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