



Big Food Industry Has You Addicted To Poison!: Plus...Other Every Day Habits that are DEADLY!

Linda Christine Scarlett

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Big Food Industry is lying to the public about what is in the food! Not to mention that GMO's can alter our DNA! WHAT?!!!! :-/ Linda's passion for living healthy comes through in Big Food Industry Has You Addicted to Poison And Other Everyday Habits That Are Deadly, in which she is very "hard hitting and PC (positively concerned)" about the truth in regards to what poisons and lies the big food industry and others are peddling. Learn about GOOD nutrition and how to eat well and be healthy from a woman who did the impossible – reversed the heart disease that she inherited in her DNA. Her Grandfather died when he was 44, and others in her family were plagued with this disease - yet Linda's passion for nutrition, and being healthy and well led her to be a miracle of sorts. To her Cardiologists surprise, she completely reversed the heart disease that she inherited. Linda, a Nutritionist and Master Life Coach, Instructor and Keynote speaker delivers Big Food Industry Has You Addicted to Poison...Plus Other Every Day Habits That Are Deadly in a very enlightening, interesting, informative and entertaining way. The book is also beautifully illustrated with many interesting pictures. This book is written from a very passionate woman who is determined to get the word out! This book is a must read for anyone who is concerned about optimal health for their entire body, and how to avoid every day deadly habits that most people do from brushing their teeth, and using deodorant to using cell phones, teflon pans and microwave ovens. What Linda reveals is shocking! The book also explains the dangers of Glyphosate – the main ingredient in Monsanto's Roundup, and exposes Monsanto's lawsuit for lying to the public about Glyphosate. Science has determined that GMO foods can alter our DNA! This truth is being kept from the public. Another truth that is being kept from the public is what REALLY is in the ingredients in most processed foods, which are literally poisons. You will be shocked! Big Food Industry and big pharma are keeping people unaware of these dangers. Big pharma, because when people get sick from the poison, processed foods, which have been proven to cause many diseases, including auto-immune diseases, then big pharma gets called in to the rescue with the corresponding drug. Most diseases are caused by inflammation that is caused from poor diets. THEY KNOW THIS!!! Thus, the Author drives home the importance of eating organic food, and no processed foods. This book explains how to achieve and maintain optimal health for the entire being through good nutrition and healthy habits. The book is beautifully illustrated with many pictures, and blank pages for notes, making it an excellent learning tool/textbook. The book explains in detail about nutrition, nutrients, digestion, living a balanced and healthy lifestyle, the miracle of Resveratrol which is found in many foods, including red wine, and how getting enough resveratrol can increase your lifespan by up to 70%. The book ends with The Secrets Of Longevity. IMPORTANT NOTE: This book could literally save lives!

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