



The Beginner's Guide to Healthy Eating: Dr. Andrew Weil on Eating for Optimum Health and Pleasure (Beginner's (Audio))

Andrew Weil M.D.

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With his bestselling book *Eating Well for Optimum Health* and popular public television specials, Dr. Andrew Weil has helped millions to cut through the confusion, hype, and often conflicting advice about what we should eat to feel our best and live longer.

On *The Beginner's Guide to Healthy Eating*, America's most trusted natural health physician teaches the essentials of how to eat for optimum health and pleasure?distilled into one information-packed and easy-to-absorb audio course.

Note: Excerpted from the full-length audio course *Dr. Andrew Weil's Guide to Optimum Health*.

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