



From Fast Foods to Slow Foods: How to Wake up Laughing

Yvonne Stafford

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From Fast Foods to Slow Foods: How to Wake Up Laughing, Yvonne Stafford presents the case for changing the focus away from the 21st century habits of eating and living that has resulted in wide spread obesity, high blood pressure, diabetes and other chronic diseases; and returning to a lifestyle that is more sane, more traditional, less manufactured, and drug free.

She challenges us to shift our belief in the system in which we have been trained; one of viewing aches, pains and prescription drugs as normal and basic requirements of modern living; to one where it is more important to get our health back than to get rid of disease.

Ms Stafford asks, How can we even begin to talk about improving our lives without talking about actually taking on the personal responsibility of improving our health? Filled with common sense reasons, motivation, and actions that lead to rejecting the external programming of the Fast Food life style.

This book gives you step by step instructions to begin the conversation and improve your life. It encourages you to adopt a lifestyle of eating a plant-based diet and living mindfully and in harmony with nature.

By following the advice in this book you will learn how to:

Take responsibility for your health

Get rid of those ugly food cravings and overcome food addictions

Realize the healing benefits of raw and living foods

Get rid of toxins in your mind, body and spirit

Lose weight naturally and without dieting

Strengthen, maintain, and reverse chronic disease

Create total well being from the cradle to the grave

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