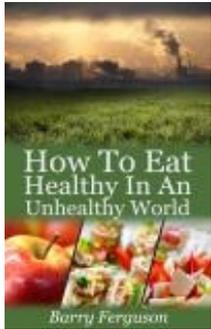


# New Healthy Eating Book Reveals Drop-Dead Easy Ways To Eat Healthy Every Day

Barry Ferguson January 25, 2013



How To Eat Healthy in An Unhealthy World

**Author Barry Ferguson's new healthy eating book reveals drop-dead easy techniques to eat healthy everyday without compromising on both taste or health.**

**(Newswire.net - January 25, 2013) Neptune, NJ** – Author Barry Ferguson's new healthy eating book "**How To Eat Healthy In An Unhealthy World**" discloses drop-dead easy ways anyone can use to not only eat healthy but live healthy every day.

In his book, he reveals the closely guarded secrets the world's healthiest people use to avoid getting fat, getting cancer, high blood pressure and diabetes by using easy-to-implement strategies that will boost your immune system and keep you healthy and invigorated.

According to the author, "We all know that how unhealthy our food supply has become yet the FDA, Big Pharma and even the huge biotech firms have been forcing us to eat food that has little or no nutritional value at all."

Barry believes the emphasis on profits above all else has been the prime motivating factor of the giant food corporations, chiefly Monsanto. They are the ones to blame for America's failing health. "They have only one goal... to profit at the expense of our health!"

In "**How To Eat Healthy In An Unhealthy World**," Barry shows his readers how they can change their eating habits without going cold turkey. He helps them make their own decisions about the food they eat by explaining what's in the food they eat and how it is ruining their health.

"I believe consumers need to hear the truth about our food supply. People need to stop listening to all the commercials claiming their products are healthy when in fact, most of these claims are false.

We need to shift our energies more towards 100% organic foods to combat the effects of all the chemicals, preservatives and GMO's have had on our bodies", he adds.

If everyone followed Barry's advice concerning [eating healthy](#), we could rid the world of unhealthy food and get back to man's roots. He knows it's an uphill battle for many, especially in a world where the lure of sweets and convenience foods are everywhere.

"We've lost our way when it comes to food. Every state has an obesity rate over 35% and even our children are headed for heart attacks, diabetes, cancer and early death from a lifetime of unhealthy eating" he sadly states. "It's a shame what has happened to our diets" he continues.

He doesn't believe in diets and claims this is no diet book. "This is a roadmap written to help people make the right decisions concerning the food they purchase and put into their bodies. The book is like a GPS. I don't do the driving, I just help them get to their ultimate destination...a healthy body and mind" he proudly declares.

For more information on eating healthy please visit [www.EatingHealthyPlan.net](http://www.EatingHealthyPlan.net)

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