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Food: If everything is bad for me, what am I supposed to eat?

Brian Powell

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Food: If everything is bad for me, what am I supposed to eat? Brian Powell
Food is a common sense approach to nutrition, education, and faith in God. These guidelines will help you cut through the tons and tons of nutritional gibberish that float to the top of the disconnected intellectual cesspool. I especially encourage those who are considering starting a family to learn what a WAPF and a GAPS diet/lifestyle is. The physical and mental health of you, your children, and grandchildren depend on it. The number one question I get from everybody is, "If everything is bad for me, what am I supposed to eat?" So to cut through some of the nonsense, here is a book that lays out some basic rules and guidelines to help you see clearly the truth about nutrition, education, and faith in God. This is how all of our ancestors used to eat. It's not a diet; it's a lifestyle, a symbiotic relationship with God's creation.

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