

- Why are 95% of the people who lose weight unable to keep it off?
- Why are our national health statistics becoming so alarming?
- Why would we have to consume 65 cups of spinach today to get the iron that was available in one cup in 1945?

Answers to these questions and much more are included in this enlightening and informative book.

“Are you tired of all the confusion from slick television ads by the commercial food industry and the pharmaceutical companies? *Back to the Basics of Human Health* is just what the name implies. It gives us clear and concise answers to many of our own health issues that we face today. Mary Frost has laid out a simple message that we have all conveniently forgotten, which is, ‘You can’t mess with Mother Nature without paying the price.’”

John R. Brady, III, Director,
International Foundation for Nutrition and Health

“If you’d like a real basic book on nutrition that’s easy to read and has TRUTHFUL information, this is it.”

Dr. Gary Farr
BecomeHealthyNow.com

“At a time when the hardest thing for a patient to understand is the impact of lifestyle and diet on their health, it is refreshing to read Mary Frost’s book, *Back to the Basics*. This book defines the difference between whole natural foods and the devitalized high carb, sugar-laden foods on the market today; and is an absolute must-read for everyone who seriously cares about their health.”

James F. Murphy, DO

Mary Frost, M. A., has 25 years’ experience as a practitioner and researcher in the field of nutrition. Mary realized that mainstream nutritional information is fraught with contradictions that cover up the negative impact that processed foods and synthetic vitamins can have on our health. Her book is a primer – a road map – for understanding natural nutrition.



Back To The Basics Of Human Health

Mary Frost

Back to the Basics of Human Health

Avoiding the fads, trends and bold-faced lies

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- Why more Americans than ever are fatigued, overweight and depressed
- Why the vitamins “off the shelf” aren’t giving you the results you want

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“This is one of the greatest ‘little books’ on vitamins ever written.”

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