

I Am Food: Eating Your Way to Health

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Extract

It is my passion to educate and inspire as many people as possible to choose products and take actions that add health, happiness, peace, love, beauty and truth to their lives and the lives of others. To achieve this I help people sort through their clutter and get clear about why they are feeling the way they are, and help them overcome the confusion that many people experience when it comes to health, lifestyle and nutrition. Education is the key, debunking myths and offering clear and simple, no-nonsense, fad-free, sustainable solutions to take care of their minds and bodies.

