



# **Energizing Nutrition: A New Food Paradigm: Transform Your Food, Transform Your Life**

*Molly Lee*

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# Energizing Nutrition: A New Food Paradigm: Transform Your Food, Transform Your Life

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**Energizing Nutrition: A New Food Paradigm: Transform Your Food, Transform Your Life** Molly Lee  
Transform your relationship with food and transform your life! If you are ready to liberate yourself from the myriad of confusing food myths and fad diets out there, *Energizing Nutrition: A New Food Paradigm* presents a welcome and refreshing approach to health and nutrition. Molly Lee demonstrates that true health need not be restrictive or torturous but rather pleasurable and empowering.

With clear, simple steps, Lee guides you to eat in a way that works for you based on your genetic makeup, natural cycles and unique individual needs. The book includes easy-to-follow activities, showing you how to create real, sustainable health and a positive relationship with food without dieting or deprivation.

*Energizing Nutrition* will inspire you to thrive in all aspects of your life and leave you feeling revitalized in body, mind and spirit!

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