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The Healthy Plate

Exercise, Nutrition, and Well-Being

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When an athletic chef and a doctor meet, nutrition, exercise, and well-being intersect in a new approach to health.

Chef Thierry Marx and Dr. Alexandra Dalu have pooled their knowledge to give us a practical guide to the foundations of good health and clean eating without proselytizing for any specific diet, with its attendant frustrations, but rather encouraging us to listen to ourselves and common sense. Their everyday recipes are healthy, tasty, quick, and economical. Their exercises are simple, effective, and take only 10 a day. They share basic rules for good sleep and determining your ideal weight. Includes interviews with agri-food engineers and ecologists, neuroscientists, exercise sociologists, and media professionals.