

# Anti Anxiety Food Solution How The Foods You Eat

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introduces nutrition by linking information on nutrients to an understanding of how food production and processing and the impact of these on environmental quality influence each person's nutritional status. It discusses how nutrients work in the body, why some foods are high or low in individual nutrients, how the body is harmed by deficiencies or excesses of nutrients, and why nutrient requirements change as we get older.

reap the benefits of a healthy belly with this practical 8 week guide to repairing and resetting your gut

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