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GOOD FOOD: CAN YOU TRUST WHAT YOU ARE EATING? (PAPERBACK)



Gill, Ireland, 2014. Paperback. Condition: New. Language: English. Brand New Book. In Good Food, John McKenna starts with his personal experience of good, healthy food, growing up in the Irish countryside. From there he develops his experiences as a doctor in West Africa, encountering natural and simple diets, and how shocked he was on returning to the UK in 2003 at the foods which people were eating in the developed world. Using ground-breaking work by medical researchers in the...

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- Authored by John McKenna
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