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# Eat This And Live: Simple Food Choices that Can Help You Feel Better, Look Younger, and Live Longer!

*Don Colbert MD*

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**Eat This And Live: Simple Food Choices that Can Help You Feel Better, Look Younger, and Live Longer!** Don Colbert MD
From the "New York Times"-bestselling author of "The Seven Pillars of Health" comes this guide that teaches readers what the Bible has to say about food. Dr. Colbert gives his recommendations on which foods to eat heartily, eat in moderation, or avoid all together. Full-color throughout.

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