



Real Food Therapy Guide

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>>> A Rare and Powerful combination of Western and Eastern nutrition strategies that will put you in the *driver's seat* to optimize your health

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"A straight-forward, information-packed nutrition guide that is easily accessible by anyone. It is highly recommended for anyone hoping to better their health through positive nutritional improvements."

- Craig Kelly, MSAOM, L.Ac., co-owner of Dynamic Balance Wellness, LLC

"Anyone can pick up the Real Food Therapy Guide and in a few minutes understand more than they had previously about their condition(s) and have some simple and effective nutritional strategies for coping. I would heartily recommend it to anyone who wants to broaden their understanding of the interaction between food and nutrients and prevention of illness and promotion of good overall health."

- Dr. Jennifer Veit (DC, CCSP®)

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Editorial Review

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Dave Barnas, M.S., CES, NASM-CPT, is the co-owner of True Health Unlimited, LLC. Dave earned both a Bachelor's and Master's Degree in Nutritional Science from the University of Connecticut and has certifications as a National Academy of Sports Medicine Certified Personal Trainer and Corrective Exercise Specialist with over 15,000 hours of experience in the field. Dave co-authored Y.E.S. – Your Eating Solution© and Fitness True Health Tips© with his wife, Hollie Barnas, Ph.D. Together, Dave and Hollie created True Health Unlimited, LLC to offer products and services aligned with their mission to inspire and benefit the lives of others worldwide. For more on True Health Unlimited newsletters, blogs, e-books and paperbacks on fitness, nutrition, and well-being, visit www.truehealthunlimited.com.

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