



Approaching the Natural: A Health Manifesto

Sid Garza-Hillman

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Sid Garza-Hillman, nutritionist, philosopher, actor, and musician introduces his original philosophy of health. Sid's philosophy is simple: the closer the human species moves by degrees to its natural design, the healthier and therefore happier it will be.

In the years he has been a practicing nutritionist and health coach, Sid has honed an approach that makes achieving health and happiness a real possibility for virtually everyone. He has done this by addressing both the mental and physical aspects of achieving sustainable long-term health, and goes well beyond what any quick-fix diet/health plan can ever achieve. He passionately argues that health profoundly affects our happiness, and vice-versa, and applies his philosophy to nutrition, exercise, the mind, the family, and the world as a whole.

Approaching the Natural: A Health Manifesto is accessible, clear, edgy and humorous. Sid distills his years of research into a book readers will want to carry with them as a quick reference when negotiating our most unnatural world – especially gen-x and gen-y'ers for whom there is a substantial lack of result-oriented health books that are this easy and actually fun to read.

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