



# Foodergies!:: Eat Right with Food Families

*Laura Keiles ND*

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## **Foodergies!: Eat Right with Food Families** Laura Keiles ND

The foods we eat become a part of us. What if what we ate contributed to our ill health even though we are told the foods are 'good for us' - the masses? As bio-chemical individuals, we need to identify those foods and their food families which keep our system working to their maximum efficiency. We are told to exercise, get enough sleep and water, and eat right - but what does that really mean to you? This book goes into food as fuel, information and potential toxin to the consumer. There are many metaphors to describe what we are - the best is a electro-chemical engine. It needs to be fueled and maintained for a long, utilized life. A brief review of the human engine and plant botany will be used to set the stage for explaining how to identify the best foods for you.

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