

## TRUTH, LIES AND CHOCOLATE – NEW BOOK RELEASE

In Truth, Lies and Chocolate, Julie Meek (Dietitian and Performance Specialist) explores 99 Facts and Fairytales about food that can change your life instantly.

With stunning illustrations by acclaimed West Australian artist Natalee Poli and easily digested content, its great for anyone to flick through and learn a few things they never knew about food – or themselves.

### Description of Book

Do you find the truth hard to swallow? Not anymore! With Julie Meek's new comprehensive book, nutrition isn't so scary. With her friendly style and bite-sized morsels of information, you'll be devouring healthy tips in no time. Pick it up and open it to any page to find simple, straightforward facts that you can apply in your next meal or snack.

You will discover:

- That chocolate and red wine can be a full-body treat
- How to get your energy high and keep it there
- How to avoid spending money on 'gimmick' nutrition programs
- Tips for getting the most from the food that you eat whether you are an athlete, a kid, a Mum, a corporate executive or Joe Bloggs!

Julie Meek provides 99 Facts and Fairytales about food that explores chocolate, red wine, coffee, omega-3, detoxing and diet soft drinks. There are even enlightening tips on carbohydrates and the Glycaemic Index, top energy tips, probiotics' and sports drinks. And there is no hype in sight, just fresh, quality and accurate information that you can apply to make healthier changes to your life instantly.

ISBN	978-0-9806767-0-9
Format	Paperback Illustrated
RRP:	\$24.95
Release	25/11/09
Subject	Nutrition/Performance/Well-Being
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About Julie: Julie is degree qualified in nutrition and health promotion and is an Accredited Practising Dietitian. She is a professional speaker and works with organisations to enhance executive and team performance.

In the course of helping thousands of clients, Julie decided to sort through the mountains of nutrition propaganda and gathered and researched a stack of them – the result being 'truth, lies and chocolate.'