

**NUTRITION ZOMBIES: TOP 10 MYTHS THAT REFUSE
TO DIE: (AND HOW TO KEEP THEM FROM
SABOTAGING YOUR DIET)**

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Reviews In Nutrition Zombies, licensed nutritionist and dedicated myth-buster, Monica Reinagel aka the Nutrition Diva drives a stake through the heart of 10 persistent nutrition myths -- so that you can get on with the business of eating well and feeling fabulous. Nicole Cormier. But if I showed you a plate of food, described the preparation and asked you to describe it, you'd probably be able to do it. Her style is not overly technical; the advice is straightforward and concise. Default Title. You may also like: [Weight Loss Forever! Details if other:](#) . Pamela Stevens.