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Eating Clean for Dummies is what one would expect from the 'for Dummies' series. The book is cleanly laid out with great use of white space, text boxes, bullet points, and font changes.

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### **EATING CLEAN FOR DUMMIES BOOK REVIEW**

Eating Clean For Dummies, by Dr. Jonathan Wright, MD, and Linda Johnson Larsen, is all about the what, why, and how of clean eating. It's an excellent introduction to healthy eating.

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### **Eating Clean For Dummies Jonathan Wright Linda Larsen**

Everything you need to start eating clean. Whether you've lived on white carbs and trans fats all your life or you're already health conscious but want to clean up your diet even further, Eating Clean For Dummies, 2 nd Edition explains in plain English exactly what it means to keep a clean-eating diet.

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