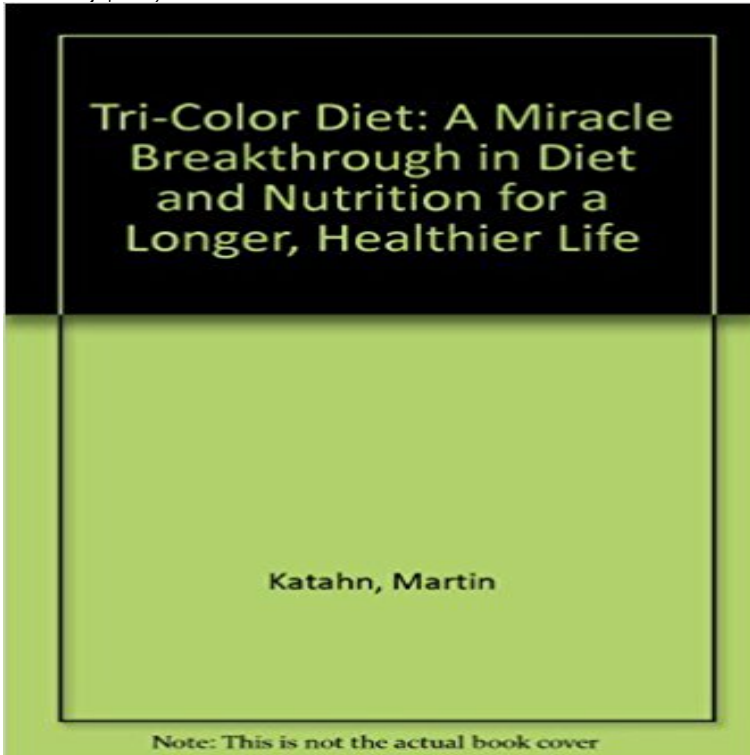


# Tri-Color Diet: A Miracle Breakthrough in Diet and Nutrition for a Longer, Healthier Life



The human body depends on hundreds of different food compounds to keep its immune system strong. These phytochemicals protect us from cancer & heart disease, as well as from other diseases. Why the Tri-Color Diet? Because the most important preventive phytochemicals give foods their distinctive colors -- such as red, yellow/orange, & green. Katahn shows us how to recognize the essential phytochemicals & understand how they work together. He gives us over 100 delicious recipes to ensure that eating right tastes just as good as eating wrong . He shows how diet can be combined with exercise to increase energy & reduce stress.

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