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In Defense of Food: *An Eater's Manifesto*

Michael Pollan
Penguin Press

Michael Pollan is my foodie hero. He is a writer, reporter and eater — he is not a doctor or scientist, nor is he selling clinics, vitamin supplements or other promotional products. He just wants to find out more about the correlation of humans and food. In his first food book, *The Omnivore's Dilemma*, Pollan was trying to discover what was the best food to eat. In *Defense of Food: An Eater's Manifesto*, Pollan lays out the rules on how to choose a healthy diet.

Defense of Food is a longer, thorough version of how to eat healthy. For a fun, shorter version, I would recommend reading *Food Rules*.

Robert P. Goldman, MD