



## **New Book Reveals Surprising Nutritional Secrets About Common Foods and Tells How To Eat To Feel Great**

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Veteran Cincinnati, Ohio area physicians Dr. Paul Baker and Dr. Patrick Baker announced today the recent release of their latest book titled: *Health Hacks for Foodies, Eat What You Want and Feel Great with The Best Kept Secrets of The Gurus*.

This book is filled with useful information about the nutritional value of different types of foods that most people don't know about. It shares facts about a variety of foods that claim to be healthy but actually are not, lists essential nutrients your body needs to survive and describes how your body reacts positively when you give it high nutrient foods.

"If you eat foods comprised of super-high nutrients, your body obtains all of the nutrition it needs and automatically regulates your appetite", stated Dr. Patrick Baker. "Our book teaches how high nutrient foods don't just include just fruits and vegetables. It also includes certain fatty foods that you may have thought were bad for you. Good eating habits are not about counting calories," he added.

"When you read our book, you'll discover when you eat foods high in calories but low in nutrients, your body

will be craving more food and you'll be hungry, but if you eat foods high in nutrients, you'll eliminate cravings because your body is receiving the nutrition it needs," explained Dr. Paul Baker. "The food you give your body is the starting point for a life of health, wellness and happiness!"

In the book, the doctors review the low-nutrient foods one needs to avoid along with foods one may have been deceived into falsely believing are "healthy". They also provide countless options for eating healthy foods that are full of nutrients and reveal foods thought to be unhealthy but actually aren't!

To purchase a copy of the doctors' book, visit the following link: [Health Hacks for Foodies](#) or contact Baker Chiropractic and Wellness by calling (513) 561-2273 or by visiting [bakerchiropractic.org](http://bakerchiropractic.org).

### About Baker Chiropractic and Wellness

Doctors Paul and Patrick Baker are twin brothers, Ohio natives, authors and highly respected health care professionals who have been providing their patients with quality care and expert guidance for over 23 years. Baker Chiropractic and Wellness offers a casual, family atmosphere where patients always feel comfortable and at home in any of their three Cincinnati area clinic locations in Cincinnati, Fairfield and West Chester. Learn more about chiropractic care, Dr. Paul Baker, Dr. Patrick Baker, and their team of healthcare and wellness professionals by calling (513) 561-2273 or visiting [www.bakerchiropractic.org](http://www.bakerchiropractic.org).

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For more information about Baker Chiropractic and Wellness, contact the company here: Baker Chiropractic and Wellness Dr. Paul Baker 513-561-2273 [cincinnati@bakerchiropractic.org](mailto:cincinnati@bakerchiropractic.org) 4781 Red Bank Rd. Cincinnati, Ohio 45227

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