



Reconnect with food: Eat your way to triathlon success

Teresa Rider

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Passion is a powerful emotion. We all have passions. One of mine happens to be food; where it comes from, how it is grown, the science behind the creation of thousands of different foods, and the health and lifestyle benefits from eating natural wholesome food. This book's aim is to help you develop a better relationship with food and your own diet. Reconnect With Food makes you think about what you eat and how you eat. A nutrient-dense, natural diet will improve your athletic performance and recovery, and quality of life.

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