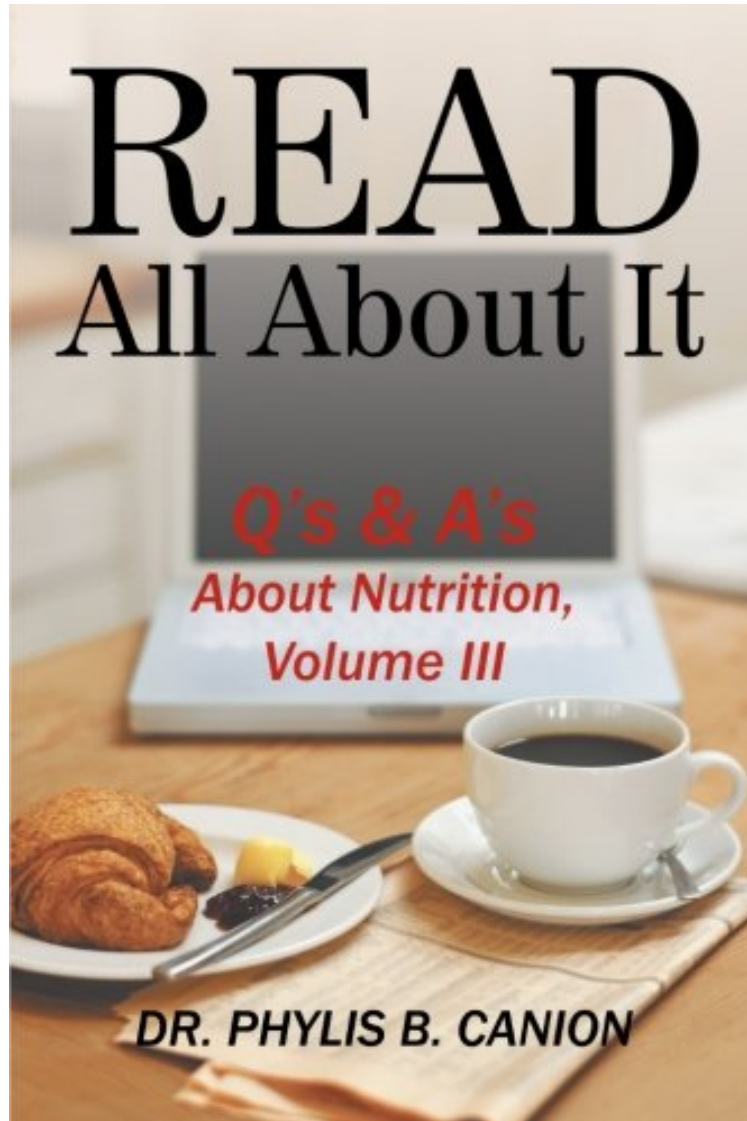


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About the Author Phylis B. Canion has a bachelor's degree in Psychology, a Master's degree in Nutrition, is Certified in Holistic Nutrition, is a Board Certified Nutritional Consultant, is a Doctor of Naturopathic Medicine and practices as a Nutritional Consultant. Dr. Canion is a Diplomate of the College of Clinical Nutrition, is a Fellow with the American Association of Integrated Medicine and serves on the board of the American Association of Integrated Medicine and the DeWitt Medical Foundation. Dr. Canion has authored the A, B, C's of Nutrition, Read All About It, and Read All About It, Volume II. She is a syndicated columnist and has been published in multiple health magazines and has been featured in many publications. Dr. Canion has a global understanding of nutrition having traveled around the world five times and has lived or traveled to every continent except Antarctica. She continues to travel the world studying diet and lifestyles. Not only is Dr. Canion an avid outdoorsman, she has a passion for helping individuals become healthier through diet and nutrition.