

## Stop dieting and start enjoying food!

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Why diet, when David Wolfe, one of the world's leading nutrition and raw foods experts, recommends just adding high-quality, great-tasting, nutrition-rich, fun, organic items into your diet?

Forget stressing about taking particular things OUT of your diet, just start by adding some really great stuff TO your diet. What a great solution.

Time: No extra time, just maybe heading out to a different store or going on a wild food adventure

Cost: Anywhere from totally free (if you go out and find some wild foods), to pretty expensive

Benefit: Feel better, look better, thrive more joyously.