



Real Food Therapy Guide

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>>> A Rare and Powerful combination of Western and Eastern nutrition strategies that will put you in the *driver's seat* to optimize your health

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- Dr. Jennifer Veit (DC, CCSP®)

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Editorial Review

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Dave Barnas, M.S., CES, NASM-CPT, is the co-owner of True Health Unlimited, LLC. Dave earned both a Bachelor's and Master's Degree in Nutritional Science from the University of Connecticut and has certifications as a National Academy of Sports Medicine Certified Personal Trainer and Corrective Exercise Specialist with over 15,000 hours of experience in the field. Dave co-authored Y.E.S. – Your Eating Solution© and Fitness True Health Tips© with his wife, Hollie Barnas, Ph.D. Together, Dave and Hollie created True Health Unlimited, LLC to offer products and services aligned with their mission to inspire and benefit the lives of others worldwide. For more on True Health Unlimited newsletters, blogs, e-books and paperbacks on fitness, nutrition, and well-being, visit www.truehealthunlimited.com.

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