

Treena Wynes is a Registered Social Worker and owner of Food4Thought Counselling Service in Saskatoon, Saskatchewan, Canada. She is married to a social worker and has two teen boys. Their favorite family activity is downhill skiing in British Columbia.

Treena hopes this book will influence her readers to take a look at their current diets and empower them to make two or three positive changes that will enhance their quality of life. She also hopes it compels her readers to further investigate how to be proactive in maintaining health and fighting illness in a society that does not promote holistic health or natural solutions.

She would like to thank all her circle of supporters and those who challenge her and motivate her to seek more knowledge.