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29. Drink The Spinach Water 30. Eat Animals That Have Themselves Eaten Well 31. If You Have Space, Buy A Freezer 32. Eat Like An Omnivore (great Diversity Of Species) 33. Eat Well-grown Food From Healthy Soil 34. Eat Wild Foods When You Can 35. Don't Overlook The Oily Little Fishes 36. Eat Some Foods That Have Been Predigested By Bacterial Or ... May 4th, 2024

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#### Michael Pollan's Food Rules

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The Findings Of Nutritional Science, I Have Come
Across Nothing More Intelligent, Sensible And Simple
To Follow Than The 64 Principles Outlined In A Slender,
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