

Your **Body's** Sign Language

Clues to Nutritional Well-Being



James W. McAfee, CCN

James McAfee graduated Summa Cum Laude from Westmont College and Magna Cum Laude from Dallas Theological Seminary. His graduate dissertation was on the subject of fasting. He has worked as Director of Nutritional Research for Image Awareness Corporation since 1974. He became a Certified Clinical Nutritionist (CCN) in 1991. Audiences acknowledge him as one of the most articulate advocates for sound nutrition in America today. He has been a guest speaker for hundreds of groups as well as appearing on radio and television shows. Tens of thousands of people around the world have read his books, newsletters, or listened to his audiotapes.



Combined with wisdom, depth, and dignity, this book is an outstanding achievement from an excellent lecturer and instructor in nutrition.

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Toxicologist, Distinguished University Professor, Emeritus, University of San Francisco

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Dean, International College of Professional Kinesiology Practice

This most enlightening and uniquely written book navigates the novice through a complex and fascinating subject. It is must reading for both the professional and the layman striving for optimal health.

—Dr. John S. Riddell, Chiropractor, Pleasant Hill, California

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—Anne Kemp, J. D., Nationwide expert legal consultant, Unabomber and

Erm Brokovich cases, Educator, and author of Litigation Management Technologies

This book is excellent material for self-care and appropriate health education toward successful aging. The quality of information is so relevant that even international organizations such as WHO would be proud to disseminate to all population levels.

—Dr. Joaquin Gonzalez Aragon, M.D., Gerontologist and anti-aging expert.

Pioneer of the aging sciences in Mexico and Latin America.

Author of eight books on longevity medicine.

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