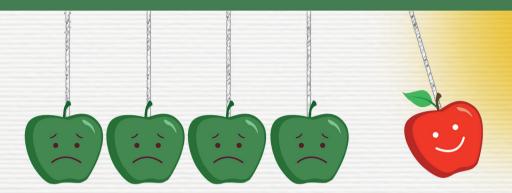
SCOTT BILLADEAU

THE HEALTH AUDITOR



HEALTHY MODERN HYOUNAN

THE DEFINITIVE GUIDE TO ACHIEVING OVERALL HEALTH AND HAPPINESS IN THE 21ST CENTURY

VOLUME I (A), CHAPTERS 1-5: EATING RIGHT

United States of America Edition

Scott Billadeau has been a passionate health advocate for most of his life. After a traumatic event involving his son, he began asking different questions about the American Healthcare System, and therefore receiving very different answers than what he had previously been taught and told. In his own words, "I didn't fully do my homework before. Then I was given a life-or-death assignment. I have since done my homework, and I'm ready to report back what I've found."

HEALTHY MODERN HYOUMAN will change the way you view health and the world at large. It's the 'red pill' and the ruby red shoes all in one.

WARNING: this book contains actual truth.



This is a book about health and nutrition from the atom up. It explains how and why we believe what we believe about health in our modern world while breaking down what real food is and how the substances and molecules of that food (or foodstuff) interacts with your body, organs, tissues, and metabolic processes.

Chapters include: **Food vs "Food"**, and **Vitamins vs "Vitamins"**.