



NUTRITION AT YOUR FINGERTIPS GOES VIRAL!

To correspond with her new book "*Nutrition at Your Fingertips*", Elisa Zied, MS, RD has gone viral on YouTube

As the latest endeavor in her lifetime pursuit to help educate consumers on how to eat healthier and incorporate fitness into a daily lifestyle, Elisa has launched her new YouTube Channel

<http://www.youtube.com/user/ELISAZIED>

In her new book *Nutrition at Your Fingertips*, Elisa leveraged all her knowledge on nutrition and health and now incorporates it on her new YouTube Channel. Her tips are one-minute or less, allowing you, the viewer to glean a wealth of practical information to incorporate into your daily life without taking too much time out of your day. She makes it so easy!

Here are just some of the topics she covers and questions she answers in a quick, practical and easy to incorporate way, based on her book *Nutrition at Your Fingertips*:

- How to eat to beat disease and boost your immune system;
- The truth behind food labels;
- How vitamins and minerals contribute to overall health;
- How to have more energy;
- Surprising sources of key nutrients and much more

Elisa will also be available to answer any nutrition related e-mails too at

<http://www.youtube.com/user/ELISAZIED>

Let Elisa help you learn to live to eat well, and be well! Pay her a visit on YouTube!

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www.nutritionatyourfingertips.com

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