



A 15-Minute Summary & Analysis of Melissa and Dallas Hartwig's *It Starts with Food*

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Please Note: This is an unofficial *summary and analysis* of the book and NOT the original book.

Inside this Instaread:

- Summary of entire book
- Introduction to the important people in the book
- Key Takeaways and Analysis of Key Takeaways

Preview of this Instaread summary: Co-authors Melissa Hartwig and her husband Dallas Hartwig have backgrounds in nutrition and physical therapy. They have used information gleaned from their own clinical practices and from studying medical research to design an eating program that will improve participants' energy levels, help them lose weight, and make improvements in their overall general health. Their book, *It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways*, describes their program, the Whole30, and the theories and observations on food and health that led to its creation.

The Hartwig's program, the Whole30, is designed to instigate lifelong change. The centerpiece of the Whole30 lasts only 30 days. This is a 30-day elimination phase during which participants must eliminate all unhealthy foods from their diet and eat only healthy foods. After elimination, participants then slowly reintroduce various food groups into their diet during the reintroduction phase...

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