

EAT EVERYTHING

How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food
A Science-Based Solution for Managing IBS, Type 2 Diabetes, Excess Body Weight, and More

DAWN HARRIS SHERLING

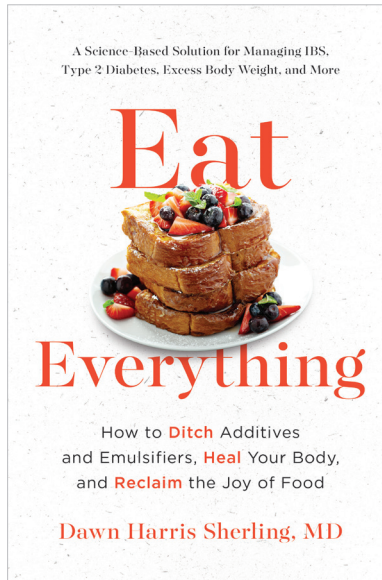
KEY SELLING POINTS

- Perfect for sufferers of chronic gut ailments and diet-related diseases such as lactose intolerance and celiac disease
- On top of being a board-certified, general internal medicine physician, Dr. Sherling is also a writer of both fiction and nonfiction and a professor with experience teaching complex topics
- Provides evidence-based explanations and practical solutions for our modern ultraprocessed food-induced ailments
- Learn to avoid additives rather than participate in an overly restrictive diet
- Glossary of additives included

PUBLICITY AND MARKETING

- Dr. Sherling is engaging in support to develop author's personal brand, connect with health and wellness influencers, give interviews, and place short-form written pieces in print and electronic media
- Potential partnerships with Blue Cross, Blue Shield, and Optum
- Author plans to reach out to doctors and clinics to establish a grassroots campaign
- Author has connections to physician influencers/IBS advocacy groups
- DawnHarrisSherling.com

After struggling with IBS herself, **Dr. Dawn Harris Sherling's** symptoms seemingly disappeared while in Italy. In an effort to help her patients and herself, Dawn began learning more about how food additives such as emulsifiers, thickeners, and stabilizers are wreaking havoc on our microbiomes and how eliminating them can reverse several diet-related diseases. Dawn currently sees patients at a clinic for the underserved in South Florida and teaches at the Charles E. Schmidt College of Medicine at Florida Atlantic University, where she is a Clinical Associate Professor of Medicine. Residence: Boca Raton, Fla.



Discover the surprising reason restrictive diets don't work—and a practical, science-based guide to reclaim your health through the power of real food.

IT'S TIME TO enjoy eating *everything* again—and to reclaim our health along the way. *Eat Everything* offers a better alternative to complicated, minimally effective, and highly restrictive diets. Physician Dawn Harris Sherling lays out compelling new evidence implicating food additives as the real culprits behind diet-related diseases and shares simple, actionable advice to heal. We're constantly told to fear carbs, gluten, and dairy, and we

turn to strict diets to solve our health problems. Yet Americans still have one of the highest rates of obesity and diabetes in the world, and millions suffer from digestive ailments like irritable bowel syndrome (IBS).

Digging into emerging research, Dr. Sherling realized it's not the foods but the food additives, especially emulsifiers, that are at the root of our problems. Our bodies can't digest them, but they feed our microbiomes and they're everywhere in the ultraprocessed foods that make up about half of our daily diets. In this refreshing and accessible guide, readers will learn:

- **How to lose weight *without* a restrictive diet**
- **Why many popular ultra-processed foods are actively harmful to our bodies**
- **How to navigate eating at restaurants—for any meal or occasion**
- **Tips for filling our grocery bags with *real* food**
- **Why avoiding food additives is beneficial for our bodies and minds**
- **How to embrace healthful cooking at home, with 30 delicious recipes**

Dr. Sherling lays out the research on food additives and offers a straightforward guide to eating just about everything (yes, even bread, pasta, and ice cream!) without pain, worry, or guilt. This isn't just another restrictive diet in disguise; it's a call to rediscover our love of real food.

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