



# **Let's Eat Right to Keep Fit : A Practical Guide To Nutrition Designed To Help You Achieve Good Health Through Proper Diet**

*Adelle Davis*

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## **Let's Eat Right to Keep Fit : A Practical Guide To Nutrition Designed To Help You Achieve Good Health Through Proper Diet Adelle Davis**

Adelle Davis is an incredibly famous and popular author whose name and whose books have reached the household word status. Her recommendations are followed by millions today. She is the leading spokesperson for the organic foods movement. She is known for popularizing the phrase “You Are What You Eat”. When you see organic food stores all over and special organic foods shelves in supermarkets, think of Adelle Davis as the person who popularized all of this. Her movement became popular because of the increased use of pesticides, chemicals, additives and fertilizers to increase food production. Davis wrote a series of four books, starting with a cookbook in 1947, that ultimately sold over 10 million copies in total. Although her ideas were considered somewhat eccentric in the 1940s and 1950s, the change in culture with the 1960s brought her ideas, especially her anti-food processing and food industry charges, into the mainstream in a time when anti-authority sentiment was growing. She also contributed to, as well as benefited from, the rise of a nutritional and health food movement that began in the 1950s, which focused on subjects such as pesticide residues and food additive. During the 1960s and 1970s, her popularity continued to grow, as she was featured in multiple media report. Her celebrity was demonstrated by her repeated guest appearances on The Tonight Show Starring Johnny Carson, as she became the most popular and influential nutritionist in the country.

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