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The First Book of the Farmacist Desk Reference (FDR) E-Book Series explores the background of the Farmacist Desk Reference and its author, Don Tolman. Don Tolman is an author, public speaker, trainer, educator, entertainer and experimental nutritional-eating researcher. He has written multiple books on a variety of skill-specific mental functions and self-improvement topics. One of the main features of this book is a primer to whole foods and their relationship to the human body. For example, have you ever noticed that a walnut looks very similar to a human brain? It is wrinkled and has two hemispheres and walnut oil has been theorized to improve brain function. FOOD SPEAKS TO YOU!!! It's time to listen to nature. The book further explores topics that include Whole Food Nutrition vs. Processed Nutrition supplements, why whole foods are better than processed foods, what's wrong with the world today, nutrition, thoughts on disease, free speech and many other exciting topics that will expand your mind. Get your copy today!

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