

'Clean Start' author in Reno

Best-selling author Terry Walters, whose bestselling first book "Clean Food" fueled a nationwide "clean" movement, will teach Reno how simple and uncomplicated it is to eat cleaner and add more whole foods to their lives.

Her new book "Clean Start" (Sterling Epicure, November 2010) is designed to be an all-you'll-ever-need guide for a healthy and sustainable approach to eating and living well.

She will be at Whole Foods in Reno on Nov. 12 at 7pm.

Walters believes "clean food" is whole, minimally processed and close to the source for maximum nutrition. "Clean Start" features easy guidelines and recipes for getting the most nutritional value and taste, while minimizing waste.