

## George Mateljan – Philanthropist and Expert in the World's Healthiest Foods Shows Us How to Eat Healthier



**Kihei, Hawaii Jun 2, 2024 ([Issuewire.com](https://www.issuewire.com))** - Hippocrates, the father of Western medicine, is well-known for saying, “Let your food be your medicine, and your medicine be your food.” George Mateljan has taken these words to heart and put them into practice creating a lifetime of impressive achievements. His passion for the healthiest way of eating sent him to over 80 countries to discover the World's Healthiest Foods.

In 1970 Mateljan founded Health Valley Foods as one of the first companies in the country to produce healthy prepared foods. Every year of his twenty-six year tenure as owner of this company, Mateljan would expand his product line with foods free from white flour, refined sugar, hydrogenated fats, excess salt, chemical preservatives, and artificial colors.

After selling Health Valley Foods in 1996, Mateljan began focusing more of his attention on teaching people to make informed decisions about the best foods for optimal health and how to prepare them. This led to the formation of the George Mateljan Foundation in 1999. The Foundation is dedicated to

making the world a healthier place and provides reliable, up-to-date information free of charge via his website to over two million visitors per month. Supported by more than 5,000 scientifically based studies, the website is arguably the most comprehensive website on healthy eating and cooking on the internet.

Mateljan has authored six books, his most recent best seller being, *The World's Healthiest Foods*. The over eight-hundred page book has become a reference staple for nutrition conscious individuals world-wide as well as being a book recommended and used by professors at multiple universities. According to Mateljan, "Thousands who have purchased the book and followed the eating and cooking recommendations have reported significant health improvements including lower cholesterol, resolved blood sugar issues, and weight loss."

Mateljan invites the world to take advantage of all the free information contained on the George Mateljan Foundation website <https://whfoods.org> and to download for free the first chapter of his best-selling book, *The World's Healthiest Foods*. The book can also be purchased through the website. Mateljan's other books include, *Weight Loss Success – Without Dieting*, *Cooking Without Fat*; *Baking Without Fat*; *Healthy Living Cuisine*; *Healthier Eating Guide*; *Natural Foods Cookbook*; and *The Healthiest Way of Cooking with George DVD*.

<https://www.youtube.com/watch?v=3epcS4KFYLo>

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