



The Complete Book of Nutritional Healing: The Top 100 Medicinal Foods and Supplements and the Diseases They Treat

Deborah Mitchell

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- A-to-Z, cross-referenced entries of common health conditions, along with recommended foods and/or supplements to treat them
- Detailed entries on healing foods from almonds to oatmeal to salmon to zucchini and dozens in between that boost health and well-being
- The latest information on vitamins, minerals, phytonutrients, and more—with suggestions for safe, effective usage
- The best food sources and dietary supplements for you and your family
- Includes delicious, easy-to-follow recipes!
- An overview of American diet and nutritional issues today (including a comprehensive resources list)
- And more.

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in addition to based confirm resource details that maybe you can be among it. This great information can easily drawn you into new stage of crucial considering.

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