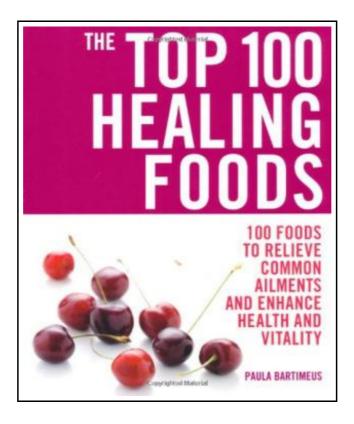
### The Top 100 Healing Foods: 100 Recipes to Treat Common Ailments Easily and Effectively



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#### Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Michael Spinka)

## THE TOP 100 HEALING FOODS: 100 RECIPES TO TREAT COMMON AILMENTS EASILY AND EFFECTIVELY



Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Healing Foods: 100 Recipes to Treat Common Ailments Easily and Effectively, Paula Bartimeus, Drawing on centuries-old healing knowledge, this portable pocket handbook offers food-based techniques to tackle ailments including eczema, asthma, high blood pressure, diabetes, migraine and stress. "The Top 100 Healing Foods" features colour-coded information, an easy reference ailment directory and beautiful photography. With authoritative information, delicious recipes, comprehensive lists of nutrients and at-a-glance symbols for each of the 100 foods, this is an easy how-to guide that no home medicine cabinet should be without.

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