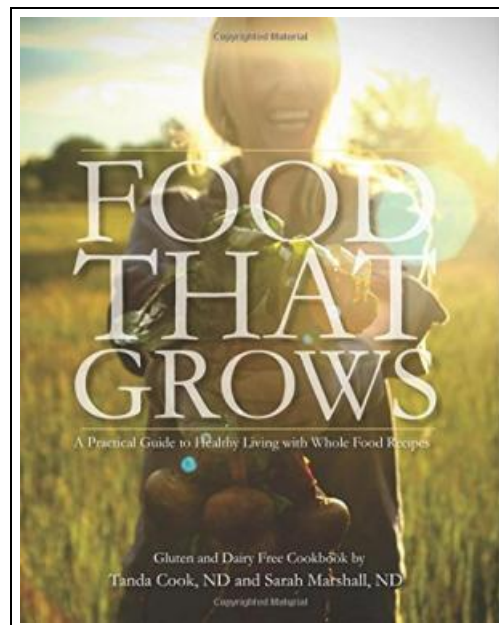


Food That Grows: A Practical Guide To Healthy Living With Whole Food Recipes



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FOOD THAT GROWS: A PRACTICAL GUIDE TO HEALTHY LIVING WITH WHOLE FOOD RECIPES

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Clearwater Kitchens, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Food That Grows bridges the gap from the farm to your table with simple, easy recipes to add health to your family and your life. It is the culmination of sixteen years of study, sixty-two years of collective experience, and a million years of evolution all combining together as your personal guide to health and healing. At the most basic, molecular level, we are literally what we eat. We cannot be any other. And so we invite you to embark on a great journey of exploration of what is in your refrigerator, on your plate, and thus in your body. You will discover that this story is about so much more than simply food-it is about being nourished from the inside out free of illness living a healthy life you love! Drs. Sarah Marshall and Tanda Cook are both Naturopathic Doctors, experts in restoring health, preventing disease and using food as medicine. They have been avid cooks and foodies for their entire lives and have spent most of the past decade eating an entirely whole food (i.e. no processed food) gluten and dairy free diet sourcing as much of it from local farmers and their own back yards as possible. It is their mission to change the way we eat in America: to bring us back to the basics, knowing where our food comes from and how to eat sustainably for the health of our bodies and our environment. It is their desire that you use this book not just as a great set of recipes, but as a toolbox to learn how to live healthfully, every day, through what you put in your mouth. This book is not just about what to eat, but...



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