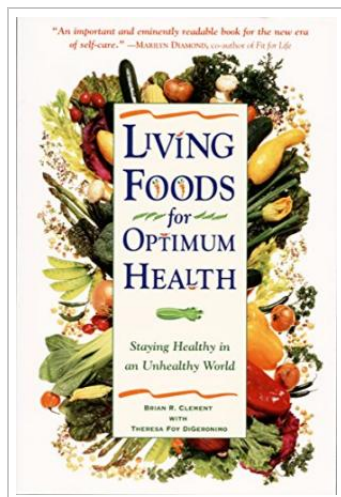




DOWNLOAD



Living Foods for Optimum Health

By Theresa Foy Digeronimo

Prima Lifestyles. Paperback. Condition: New. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. Did you know that what you eat could be making you sick? It's true. Some foods clog your body with energy-depleting fats, toxins, and chemicals. Where can you find the optimum nourishment your body needs to stay strong, healthy, and vigorous? For millions of people, the answer is in the health and healing properties of living foods—foods that are eaten raw and produced without dangerous, nutrient-robbing chemicals or additives. For more than forty years, the Hippocrates Health Institute has been teaching people how to cleanse and heal their bodies with naturally potent living foods. In this book, the first-ever sponsored by the Institute, authors Brian R. Clement and Theresa Foy DiGeronimo explain why living foods are vital to good health and offer a sensible plan for making the switch to a living foods diet. With step-by-step instructions, lifestyle suggestions, and more than 100 healthful, delicious recipes, *Living Foods for Optimum Health* provides everything you need to take control of your health and well-being. An important and eminently readable book for the new era of self-care. Marilyn Diamond, co-author of *Fit for Life*—A landmark guide to the essentials of...



READ ONLINE

[8.49 MB]

Reviews

Completely essential go through ebook. It is definitely basic but shocks in the 50 percent from the publication. I am delighted to let you know that this is the best pdf i have go through inside my individual lifestyle and can be the best pdf for possibly.

-- **Damien Reynolds** /

Simply no words and phrases to clarify. It really is full of knowledge and wisdom. You won't feel monotony at any moment of the time (that's what catalogs are for relating to when you question me).

-- **Paolo Spinka**