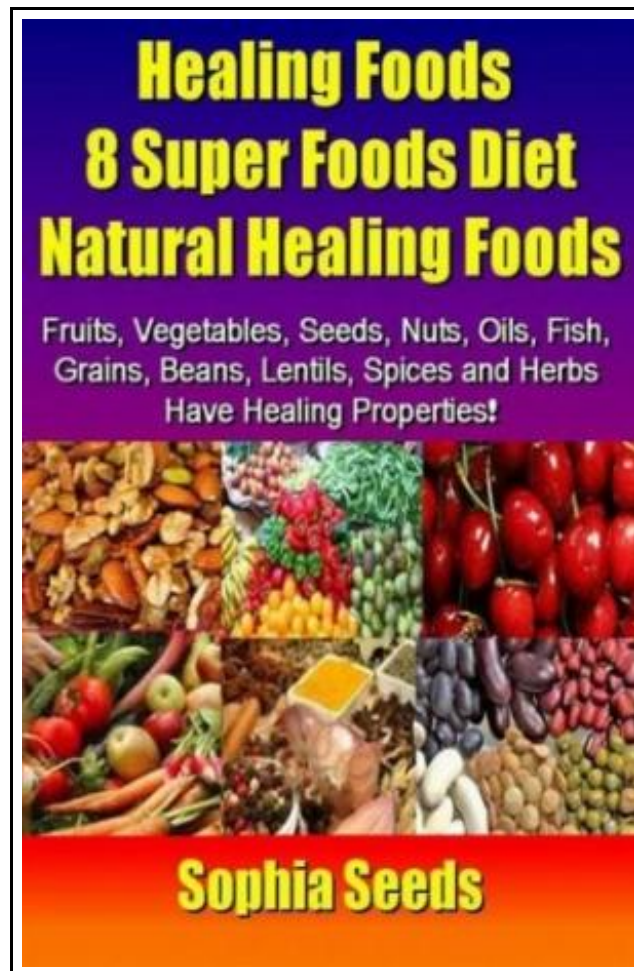


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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Healing Foods 8 Super Food: A Quick Guide to natural healing foods. Find out what kind of Fruits, Vegetables, Seeds, Nuts, Oils, Fish, Grains, Beans, Lentils, Spices and Herbs With Healing Properties! Would you like to live a healthier life? Would you like to make fewer trips to the doctors office and the pharmacy? Would you like to know what kind of food will give you a younger and more energetic life? Would you like to know what kind of food has healing and disease prevention properties? We all know the importance of eating healthy foods for their vitamins and mineral content but in recent years, scientists have discovered that there are hundreds of substances in food that have healing and disease prevention properties. Why is it then if there are foods that heal many of our common ailments that we have not heard more about them? It could be that we have become a fast food society and we have also become a fast cure society. We are looking for the easy way to cure and prevent diseases by popping pills into our mouths. Pills do have side effects and more often, they are worse than the diseases they are meant to prevent or cure. So get some knowledge and guide your own diet habit for more healthy eating by understanding healing foods. In this Healing Foods Basic Knowledge and Simple Guide, you will learn: 1. How you can cut your risk of heart disease by 40 percent with this simple snack. 2. How a tasty fruit can help block the effects of a second hand smoke. 3. An easy to make drink that can reduce...

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