

Download Cooking For Healthy Healing Book 1 The Healing Diets

Cooking for Healthy Healing, Book 1: The Healing Diets [Linda Rector-Page] on Amazon.com. *FREE* shipping on qualifying offers. Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set You will discover the healing secrets of different kinds of foods, for example: fruits, vegetables and chlorophyll -- how they cleanse your body and heal health problems; green superfoods and medicinal mushrooms -- how they work for faster healing; herbs and sea greens -- how they help the body remain in balance; spices and herbs -- how they boost thermogenesis to burn call Linda Page has been saying it for years: "Good food is good medicine!" Now, in her new, revolutionary cook book set, she presents 80 healing programs in Cooking For Healthy Healing - Book One - The Healing Diets, and over 1000 healing recipes in Cooking For Healthy Healing - Book Two - The Healing Recipes. Review I highly recommend Linda Page s health programs and nutritional healing recipes. -- Patricia Bragg, N.D., Ph.D. Health Pioneer and author of Build Powerful Nerve Force I love the way that Linda Page makes the nutritional guidance so easy for her readers to understand and use. -- Elson M. Haas, M.D. Director, Preventive Medical Center of Marin, and author of Cookbook For All ...