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(Dr. Pat Hegmann)

RECIPES FOR LIFE BOXED SET: A GREAT FRIENDSHIP CONNECTS CLEAN LIVING WITH RECIPES TO THRIVE ON (HARDBACK)

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Clovercroft Publishing, United States, 2016. Hardback. Book Condition: New. 305 x 229 mm. Language: English . Brand New Book. A great friendship connects clean living with recipes to thrive on! This unique set of books: The Power of Healthy Living and Delicious Meets Nutritious addresses WHOLE health. This talented duo combines an in depth look at the importance of food as it relates to nutrition, and pairs it with a stunning cookbook and many wonderful healthy living tips. If you are confused by all the mixed messages on health and dieting, this is the best resource you will ever find to lead you on your true path to optimal health. The two hardcover books are mounted in a beautiful boxed set. The Power of Healthy Living is an extremely thorough look at food as it relates to health, and introduces readers to the current food landscape, opening their eyes to very real concerns such as GMOs, sugar, and pesticides. It also covers many other areas that are important to healthy living including exercise, sleep, stress, the environment, joyful living, your spiritual path and much more. The book is absolutely overflowing with useful information, and it s evident the amount of research that went in to it. If you are thinking about cleaning up your eating habits and adopting a healthy lifestyle, this book is the ultimate crash course. In Delicious Meets Nutritious, you can unleash your optimum health with this collection of clean recipes from Chef Erin Holm. One of the most important relationships you have is with food. What we eat directly relates to our health. What we choose to eat is intrinsically connected to how we feel. Delicious Meets Nutritious caters to bio-individuality. Each person is a unique individual with highly individualized nutritional requirement. This stunning collection of...

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