



Super Healing Foods (Paperback)

By Frances Sheridan Goulart

Prentice Hall Direct (a Pearson Education company), United States, 1995. Paperback. Book Condition: New. 236 x 157 mm. Language: English . Brand New Book. This health-giving guide also gives you dozens of simple-to-prepare recipes, menus, and nutrition plans that show you how to put super healing nutrition into action. a comprehensive chart of the body's 10 target healing zones to help you zero in on the exact foods and recipes that could help a certain health condition. and innovative nutrition and support exercises to help you stay healthy and energetic.

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