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The Food Doctor - Fully Revised and Updated: Healing Foods for Mind and Body

Vicki Edgson, Ian Marber

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Now fully revised and updated, this edition of the ever-popular guide to eating well has all the latest research, new and inspiring recipes, and an entire chapter on eating for one's individual metabolic body type and lifestyle. Written by two nutritionists, the pages are packed with nutrition advice, case studies, and food "cures." Find simple foods with amazing healing properties; check out the definitive list of the top 100 foods for health, vitality and happiness.

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