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Whole Life Nutrition If you live in the Bellingham area you can find our book for sale at the Community Food Co-op, Terra Organica (the Public Market), and at Village Books, as well as at many local Health Care offices.

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Whole Life Nutrition Heal balance live

Welcome to Whole Life Nutrition! We are Ali and Tom parents of five amazing children, authors, and educators. Tom has spent the last eight years studying functional medicine through the Institute for Functional Medicine

and is an Advanced Functional Medicine nutritionist.

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