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This book shows you how to "eat your way to a healthier life!" Let food be your medicine and medicine be your food is mentioned inside the pages. You learn more about 175 healing foods from apples to aloe, from plums to peppers, and from almonds to walnuts the book states. Beautiful colored pictures of the fruits and vegetables.

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HEALING FOODS

The Healing Foods Cookbook is based on the Specific Carbohydrate Diet (SCD), an entirely grain free, starch free, lactose and refined sugar free diet originally conceived by Dr. Sidney Haas and backed by over 100 years of research into high protein diets. Dr.

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In The Encyclopedia of Healing Foods, Michael T. Murray, N.D., and Joseph Pizzorno, N.D., two of the worlds foremost authorities on nutrition and wellness, draw on an abundant harvest of research to present the best guide available to healthy eating.

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Katrina Love Senn is an International yoga teacher, healer and author of the ground-breaking book called 'Losing Weight is a Healing Journey'.

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