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The Whole Life Nutrition Cookbook is a great resource for anyone trying to make healthier food choices. Not only does it give you tons of great recipes - including muffins, healthy snacks, and desserts (My favorites!) but it also tells you how to set up your pantry to adopt a lifestyle that supports making those great food choices.

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The Whole Life Nutrition Cookbook offers readers and foods lovers a new and in-depth look at foods found in their whole form and how to prepare them. Learn to prepare foods that promote optimal health, decrease inflammation, prevent disease, and energize your body.

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THE WHOLE LIFE NUTRITION COOKBOOK includes: Evidence-based information on whole foods. Gluten-free, dairy-free, egg-free, and soy-free recipes. A complete guide to stocking your whole foods pantry. The whole story on the current diet trends and how to adapt them to best serve your individual needs .

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The Whole Life Nutrition Cookbook Over Barnes Noble

Alissa Segersten is a cooking instructor and author of the food blog, www.nourishingmeals.com, empowering people with cooking skills and knowledge of whole foods so that they may reconnect with pleasure in eating delicious, nourishing food.

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The Whole Life Nutrition Cookbook Goodreads

The Whole Life Nutrition Cookbook is a VERY well researched, informative work. The title says it's a cookbook but it's much more than just a cookbook. The first chapter opens with the following Voltaire quote that I believe sets the tone for the book: "Everyone should be his own physician."

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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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The Whole Life Nutrition Cookbook by Alissa Segersten and Tom Malterre, MS, CN. You know a cookbook is going to be a keeper when you crack it open for the third time in one week, and some of the pages are stuck together with cookie dough.

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Whole Cooking and Nutrition will inspire you to live a healthy lifestyle and build a positive relationship with food. With more than 150 vibrant, flavorful recipes, this cookbook promotes a mindful, pleasurable approach to eating.

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