EAT TO LIVE COOKBOOK JOEL FUHRMAN



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Dr. Fuhrman explained a bit more about his guidelines for canned foods in the recently released Eat to Live Cookbook. He says to avoid acidic canned foods such as tomatoes, because the acid leaches the BPA into your food.

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Eat to Live Cookbook 200 Delicious Nutrient Rich Recipes

JOEL FUHRMAN, M.D., is a board-certified family physician and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods.

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