



Food Combining Digestion 101 Ways to Improve Digestion

By Steve Meyerowitz

Sprout House. Paperback. Book Condition: New. Rick Meyerowitz (illustrator). Paperback. 118 pages. Dimensions: 8.4in. x 5.4in. x 0.5in. This easy-to-use book teaches how to get more nutrition from the food we eat, with eating guidelines to help the stomach run at peak efficiency and maximum digestive power. Includes an overview of the chemistry of digestion and how food is assimilated. The techniques presented here can help people gain increased energy and improved health. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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