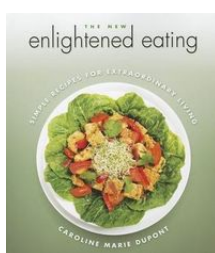


ENLIGHTENED EATING: SIMPLE RECIPES FOR THE BODY, SOUL AND PLANET

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Reader's Opinions

I've come a long way in my journey toward healing my relationship with food. Now that I am much better in touch with what feels good in my body, I'm on an adventure to eat more whole foods, but it can be very overwhelming. Enter Caroline Marie Dupont's book The New Enlightened Eating. Dupont, a nutritionist/healer from Canada, has a very...