

Nutritional healers - how to eat your way to better health

Parker Pub. Co. - Healthy eating



Description: -

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Treasure-trove -- Juvenile fiction
Detective and mystery stories -- Juvenile fiction
Persian poetry.
Karbalā', Battle of Karbalā', Iraq, 680 -- Poetry.
Ḩusayn ibn ‘Alī, -- d. 680 -- Poetry.
Khomeini, Ruhollah -- Poetry.
Nutrition -- popular works.
Diet Therapy -- popular works.
Nutrition.
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Notes: Includes index.

This edition was published in 1987



Filesize: 64.73 MB

Tags: #Eating #and #Healing #with #Traditional #Food

How to Feed Your Gut

Biological effects of 3,5-diiodothyronine T 2. According to , 80 percent of people feel confused about nutrition.

Healthy eating

Simply avoid meat and processed foods and limit caffeine, sugar, and alcohol.

Eating and Healing with Traditional Food

Isothiocyanates have been shown to promote immune health by suppressing inflammation, activating immune defenses, and inducing death in infected cells.

The Yogic Diet: Energizing and Healing with Food

Vegetable soups, miso soup, curry, and cooked root vegetables are also great choices.

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