



## Pure and Simple Natural Weight Control

By N. W. Walker

Norwalk Press. Paperback. Book Condition: New. Paperback. 124 pages. Dimensions: 8.4in. x 5.5in. x 0.3in. Here is a diet like no other. It is based on the body's need for vital, life-giving enzymes found only in nature's pure foods. Information presented covers facts and myths about your body, artificial foods, food combining, protein, milk and dairy products, how to get started, juice and juicing, and practical advice and support. Includes 50 fruit and salad recipes along with menus. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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