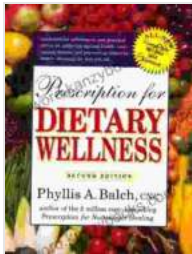


Prescription for Dietary Wellness: Using Foods to Heal



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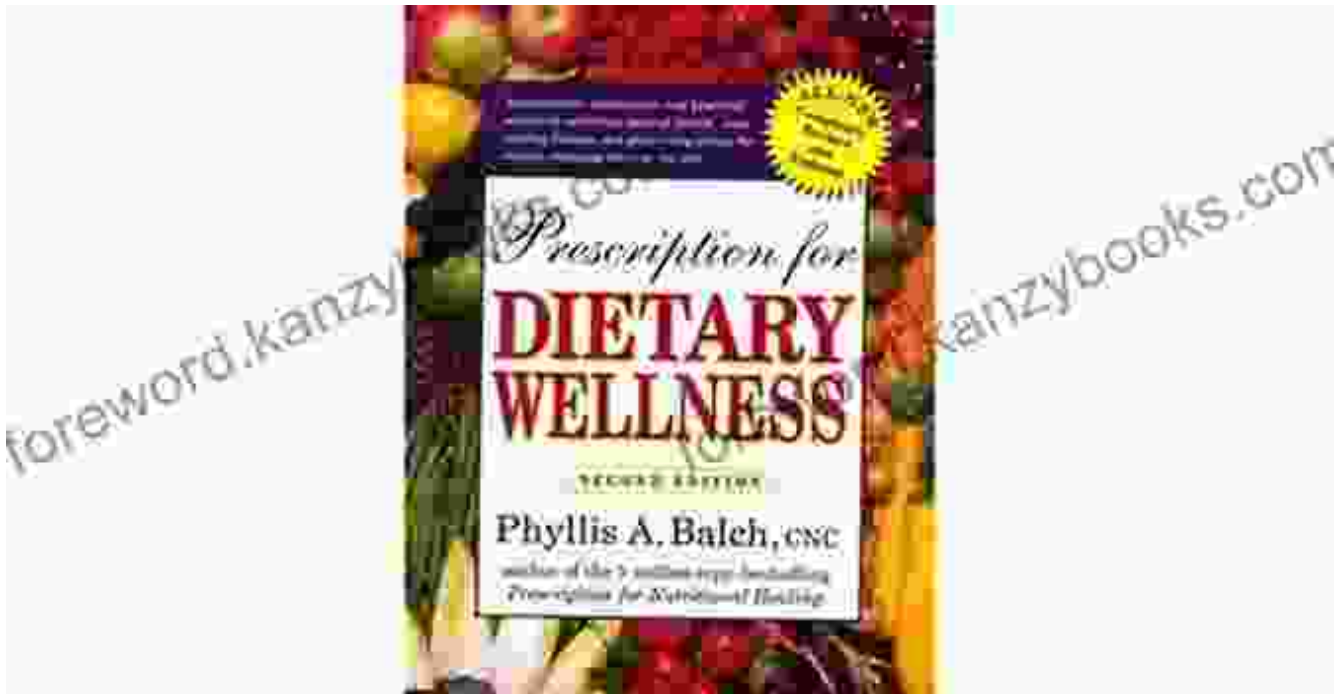
by Phyllis A. Balch

★★★★☆ 4.8 out of 5

Language : English
File size : 8416 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 320 pages



Discover the transformative power of food as medicine in Prescription for Dietary Wellness. This comprehensive guide empowers you to heal your body and achieve optimal well-being through the power of nutrition.



Unlock the Healing Power of Food

Are you tired of feeling tired, sluggish, and unable to reach your full potential? Prescription for Dietary Wellness is the answer you've been looking for.

This groundbreaking book reveals the profound connection between what you eat and how you feel. Author and renowned nutritionist Dr. Sarah Bloom shares her groundbreaking approach to healing and wellness, empowering you to:

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- Develop a personalized nutrition plan that supports your unique needs
- Use food as medicine to heal from chronic conditions
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Inside, you'll discover:

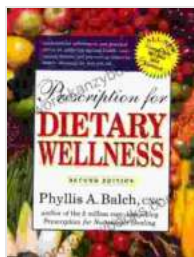
- The science behind food as medicine
- How to identify food sensitivities and intolerances
- Personalized nutrition plans for common chronic conditions
- Delicious recipes and meal plans to support your healing journey
- Lifestyle tips for optimal health and well-being

Whether you're struggling with chronic pain, digestive issues, autoimmune disFree Downloads, or simply want to improve your overall health, Prescription for Dietary Wellness is the essential guide to unlocking the transformative power of food for healing and well-being.

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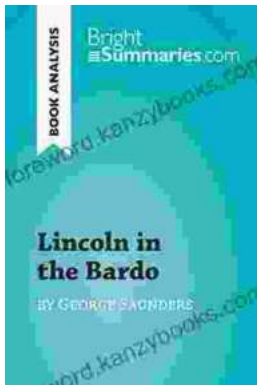
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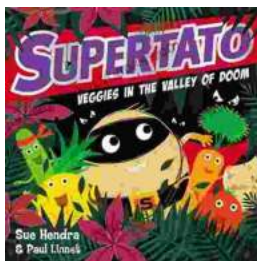
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