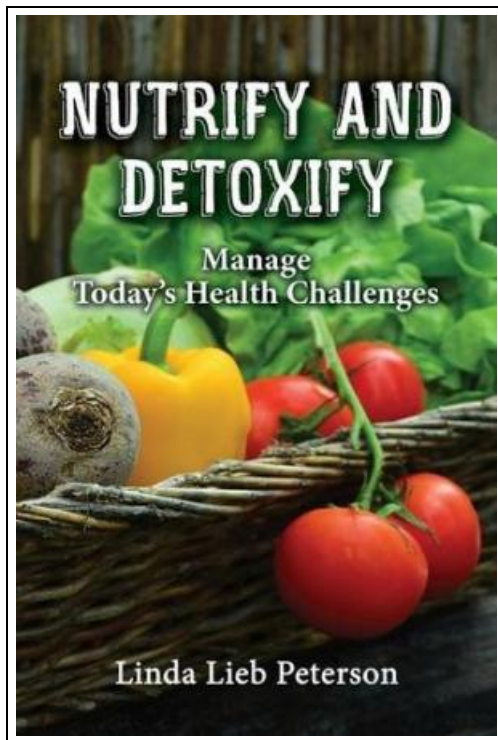


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Virtualbookworm.com Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Get the information and skills you need to avoid the many health challenges of today s toxic world. We were designed to eat what Nature provides. As we have left natural foods behind, disease has skyrocketed. Understanding the value of the nutrients and synergy found in organic plants will help you prevent disease. Disease is not a mystery! It is the result of a combination of factors: genetics; everything we ingest, breathe, or touch; infections, traumas, and our thoughts and emotional health. Being well becomes less complicated once you understand how the body works and what it needs to sustain good health. Strengthening the body through nutrifying (nourishing) and detoxifying the cells allows the body to function normally. Linda Lieb Peterson has spent many years studying health research as she dealt with her own health challenges. This book is a compilation of what she s learned from her studies and dealing with her health issues. She s done the legwork for you, gleaning experts wisdom and consolidating it between these covers in a blend of folksy Mama Linda and trained health educator.



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