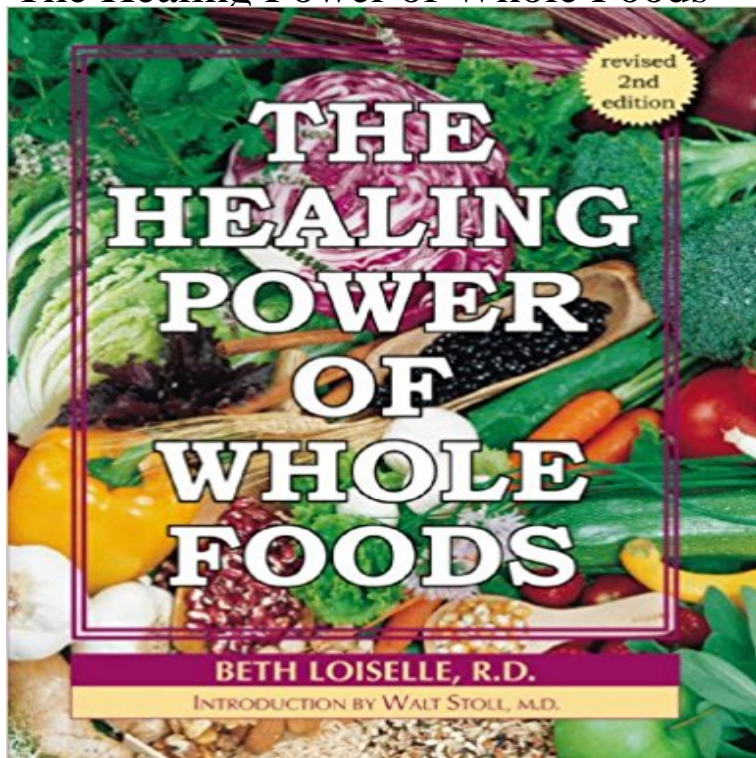


The Healing Power of Whole Foods



Completely Revised and Updated! Whether you are a nutrition novice ready to make diet changes but clueless about how to begin, are nutritionally well-read yet confused over numerous conflicts you have noticed, or perhaps somewhere in between, get authoritative, up-to-date guidance from a registered dietitian and whole foods expert. This Revised 2nd Edition of The Healing Power of Whole Foods provides comprehensive, unique information, including details of the Perfectly Whole Foods Diet and a Mostly Whole Foods Diet. This book includes an array of practical recipes; Glossaries; Quick Guides; a detailed Index; help with Candida, food sensitivities, and the gluten-free diet; plus so much more! Carefully follow the guidelines and prevent disease, increase energy, lose weight (when needed), and achieve health improvements (oftentimes dramatic) from this easy-to-understand cookbook, detailed eating plan, and whole foods encyclopedia. As one reviewer so aptly stated, The Healing Power of Whole Foods is everything you need to know about nutrition, all in one book: what to eat, why, and how to cook it!

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