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Handbook to Health: Includes Menus and Easy to Prepare, Healthy, Tasty Recipes Everyone Will Enjoy, Whether You Are an Omnivore or Vegetarian

By Vivian Rice, Edie Wogaman

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In Handbook to Health, Vivian Rice and Edie Wogaman provide nutrition education and encourage self-help to prevent health challenges and encourage wellness. This book includes menus for various types of diets. It is filled with recipes that are easy to prepare and very delicious that everyone will enjoy, whether you are an Omnivore or Vegetarian. Some diet specific menus found in Handbook To Health relate to Candida, High Blood Pressure, Menopause, Arthritis, Diabetes Type II and Chronic Fatigue. They comment upon the Soy Controversy and GMO foods. They do not practice medicine nor diagnose or treat any disease, but offer a way to get on a path to optimum health by eating nutritious and healthy foods. This book came about by the requests of their many clients, and years of questions from those clients, about how to start and end their days with the most nutritious and tasty foods to keep them on a path to optimum health. The purpose of the book is to inform you that there is an easy way to change your thinking about...



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