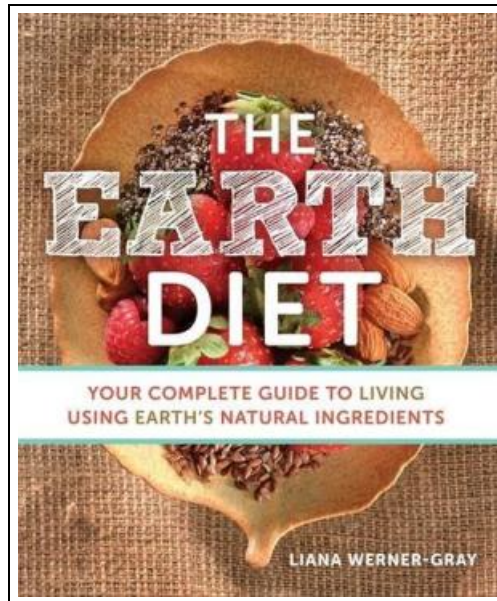


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Hay House, 2015. Paperback. Condition: New. 1. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity and more. When you get the essential vitamins, minerals and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense recipes that provide proper nutrition, tips for shifting out of toxic habits and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you. Praise for The Earth Diet 'The Earth Diet book is complete with leading-edge recipes that are quick, delicious, and nutrient rich for every type of eater. Liana Werner-Gray has mastered the art of eating by creating recipes that taste good while also providing the body with adequate nutrition. This is a must-read if you want to lose weight, increase energy, tackle chronic illness and disease, and conquer unhealthy eating pattern so that you can...



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