



Giant Book of Natural Healing Recipes

By Tillman, Bessie Jo. Chappell, L. Terry, Foreword by.

Main Street. 1 Paperback(s), 2000. soft. Book Condition: New. This book offers a simple but proven eight-week eating plan with more than 300 delicious recipes including Salmon and Cucumber Canapés, Tarragon Chicken with Vegetable Stuffing, and Beef Chop Suey designed to help balance body chemistry and allow the digestive tract and immune system to heal. Take the metabolic profiling quiz here and use the food plans that fit your particular profile; then, advance the diet beyond the initial two-month "get healthy" phase with additional recipes for staying in peak condition. The guide includes worksheets, charts, and meal plans for vegetarians as well as meat-lovers. 240.

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