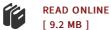


## Giant Book of Natural Healing Recipes

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 recipesincluding Salmon and Cucumber Canapés, Tarragon Chicken with Vegetable Stuffing, and Beef Chop Sueydesigned 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 meatlovers. 240.





## Reviews

A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and i encouraged this publication to learn.

-- Elena McLaughlin

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

-- Josie Koch IV