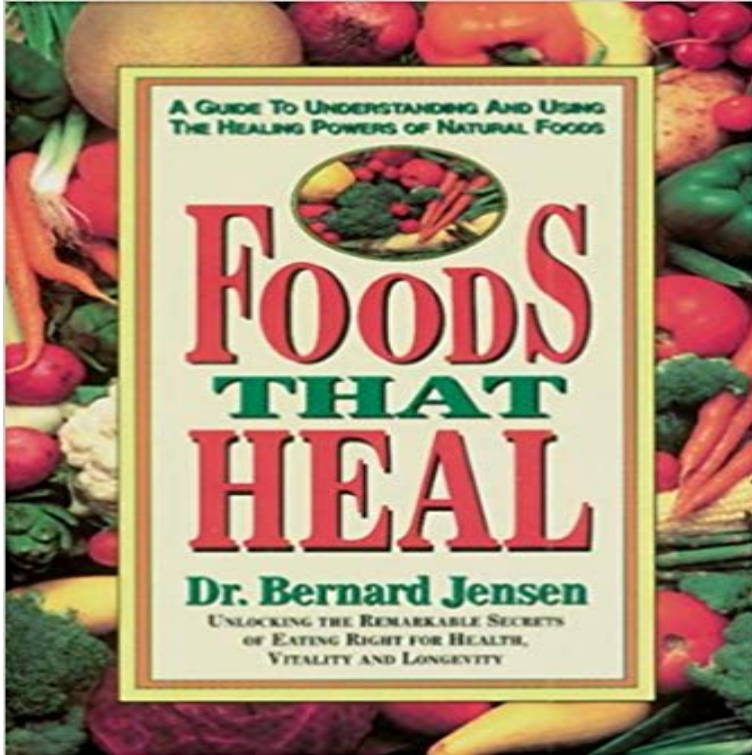


Foods That Heal: A Guide to Understanding and Using the Healing Powers of Natural Foods -- Revised and Expanded



Describes the nutritional and therapeutic benefits of various fruits and vegetables, offers advice on diet and nutrition, and suggests healthful recipes
Title: Foods That Heal
Author: Jensen, Bernard
Publisher: Penguin Group USA
Publication Date: 1993/02/01
Number of Pages: Binding Type: PAPERBACK
Library of Congress: BL 99739050

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