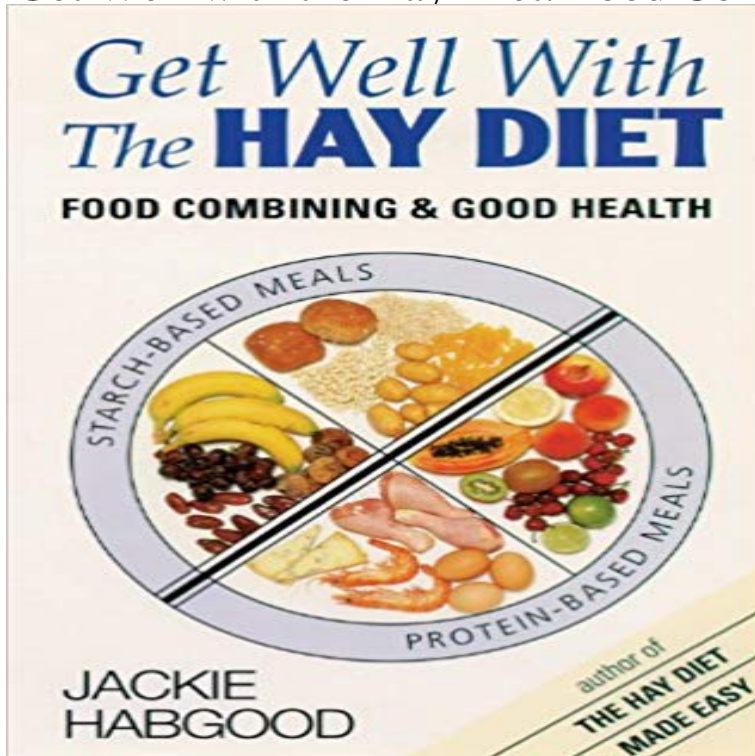


Get Well with the Hay Diet: Food Combining and Good Health



Writing from her own experience, Jackie Habgood shows how the Hay diet can help people who feel constantly fatigued or vaguely unwell and do not understand why. Following the clear, practical format used in *The Hay Diet Made Easy*, she outlines problems that often go unrecognised and are notoriously difficult to treat by orthodox methods but which respond very well to the cleansing and healing effect of the Hay diet - hypoglycaemia, candida, allergy, M.E. With details of symptoms, advice on diet and nutrition the book shows how full health can be restored in a short time. It also provides plentiful resources and details of further reading. This book's sensible, easy-to-follow approach could make it a standard work.

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