



Better Homes & Gardens Food for Health and Healing

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Better Homes & Gardens Food for Health and Healing George Blackburn, Better Homes and Gardens With special dietary solutions to ease menopausal discomfort, diabetes, fatigue, depression, and other conditions, this reference provides basic instruction in nutrition and features 120 healthy, kitchen-tested recipes. Includes an A-to-Z section that explains which foods prevent and heal each disease.



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