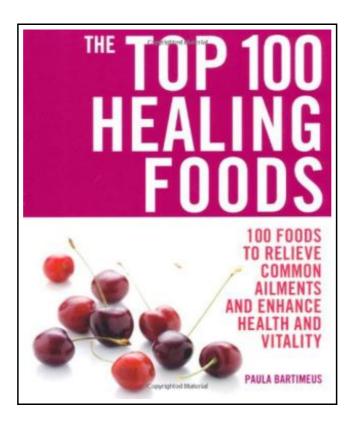
## The Top 100 Healing Foods: 100 Recipes to Treat Common Ailments Easily and Effectively



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# THE TOP 100 HEALING FOODS: 100 RECIPES TO TREAT COMMON AILMENTS EASILY AND EFFECTIVELY



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Healing Foods: 100 Recipes to Treat Common Ailments Easily and Effectively, Paula Bartimeus, Drawing on centuries-old healing knowledge, this portable pocket handbook offers food-based techniques to tackle ailments including eczema, asthma, high blood pressure, diabetes, migraine and stress. "The Top 100 Healing Foods" features colour-coded information, an easy reference ailment directory and beautiful photography. With authoritative information, delicious recipes, comprehensive lists of nutrients and at-a-glance symbols for each of the 100 foods, this is an easy how-to guide that no home medicine cabinet should be without.

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