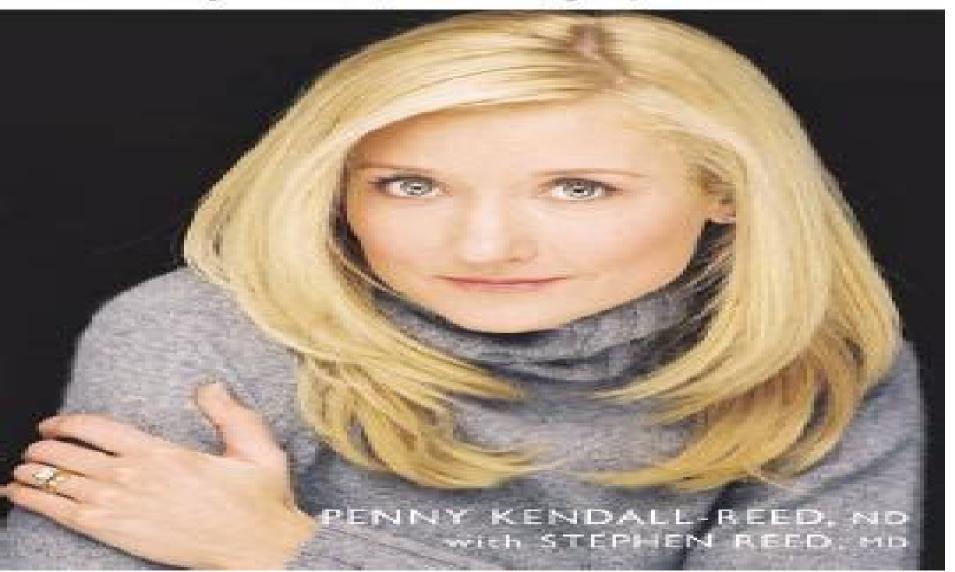
NATUROPATHIC DIET

A Guide for Managing Weight, Preventing Illness & Achieving Optimum Health



Penny Kendall-Reed, Stephen Reed

The New Naturopathic Diet Penny Kendall-Reed, Stephen Reed, 2004 Promotes beneficial long term dietary changes by gradually re training our bodies to use food primarily as fuel rather than storing it as fat ultimately leading to weight loss increased energy levels and increased immunity to disease This title features case studies a children's diet program and healthy recipes

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