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Rx Prescription for **DIETARY WELLNESS**

THE WELLNESS BOOK OF THE 90's

Includes:

- Latest scientific research identifying the Magnificent 12 Foods
- Scientific discoveries that the phytochemicals found in your foods are actually more important than the vitamins and minerals they contain
- How to combine the powers, vitamins and herbs to achieve speed healing and for the prevention of cancer, heart disease and many new viruses and diseases of the '90s

PACKED WITH QUICK REFERENCE CHARTS COMBINING
NUTRITIONAL HEALING AND DIETARY WELLNESS FOR

Speed Healing

*PHYLLIS A. BALCH, C.N.C.
& JAMES F. BALCH, M.D.*

Rx Prescription For Dietary Wellness The Wellness Of The 90s

N Colangelo



Rx Prescription For Dietary Wellness The Wellness Of The 90s:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Rx Prescription For Dietary Wellness The Wellness Of The 90s**

In a world inundated with screens and the cacophony of immediate transmission, the profound power and psychological resonance of verbal artistry often fade into obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, situated within the musical pages of **Rx Prescription For Dietary Wellness The Wellness Of The 90s**, a captivating function of literary splendor that pulses with natural thoughts, lies an memorable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this interesting opus guides readers on a psychological odyssey, lightly revealing the latent potential and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect their fascinating publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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