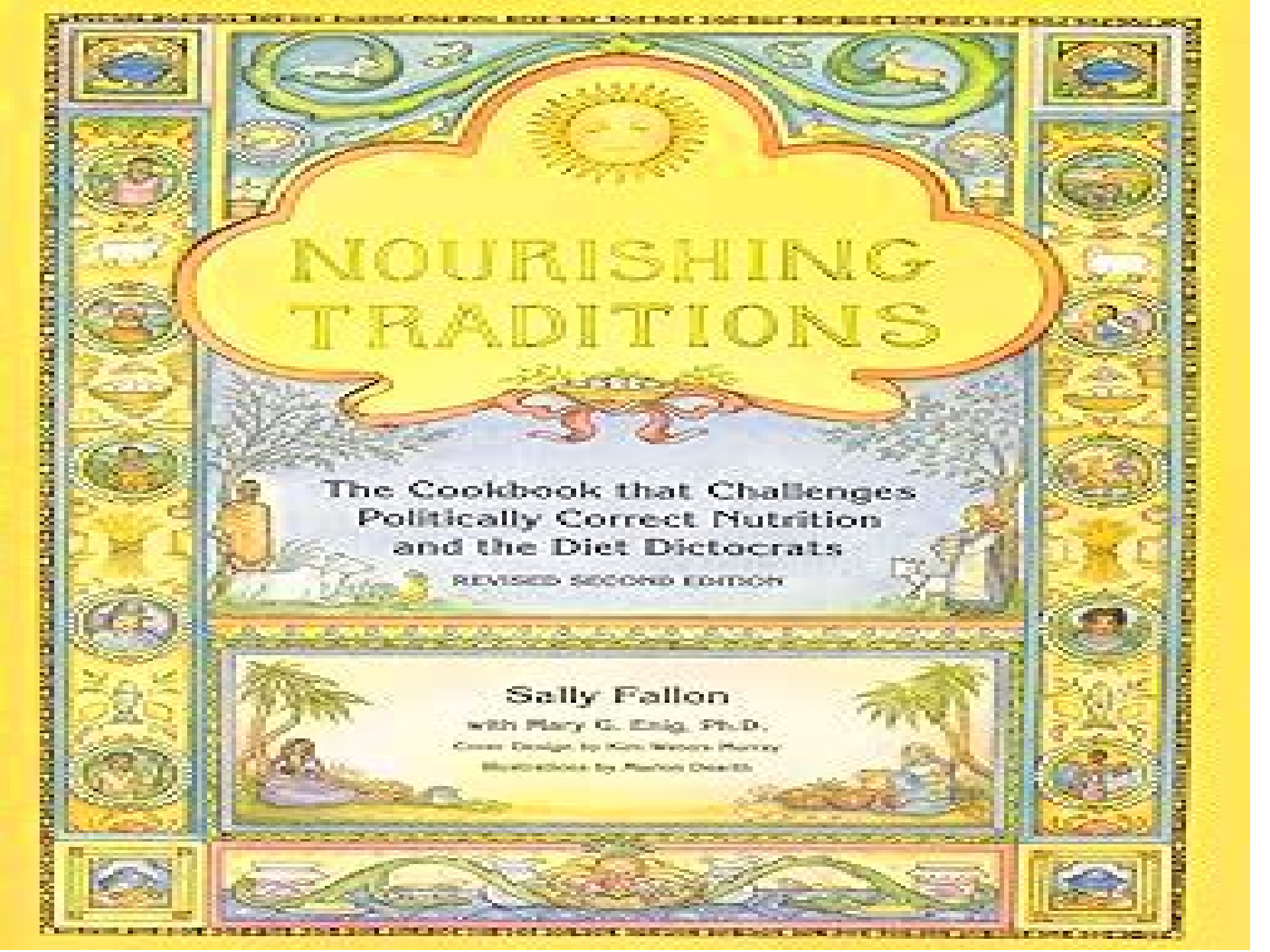




NOURISHING TRADITIONS

The Cookbook that Challenges
Politically Correct Nutrition
and the Diet Dictocrats

REVISED SECOND EDITION

Sally Fallon

with Mary G. Enig, Ph.D.
Cover Design by Kim Moore Murray
Illustrations by Marion Dearth

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