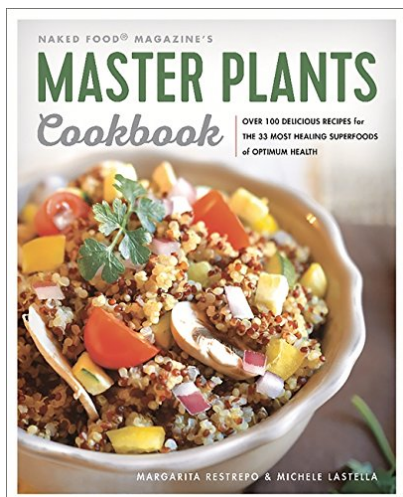


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Master Plants Cookbook: The 33 Most Healing Superfoods for Optimum Health PDF



by Margarita Restrepo : **Master Plants Cookbook: The 33 Most Healing Superfoods for Optimum Health**

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Description :

PDF-89283 | Food isn't just food, it can be medicine! A whole food, plant-based diet can help prevent and even reverse chronic diseases such as cancer, diabetes, and heart disease, while also promoting a healthy weight. Far from being a fad, knowing the health benefits of certain foods have become "must-have" information for many households--but the big question is: "How do I make it delicious?"

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