



Real Food Therapy Guide

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Folks Over 25 Should Not Let This Book Pass By

People looking to turn back the clock, reverse aging, and overcome health concerns will love the Real Food Therapy Guide, which offers a unique integration of Western and Eastern food philosophies and provides simple nutrition remedies for common health concerns.

>>> Find a real food remedy for arthritis, anxiety, depression, diabetes, fibromyalgia, high cholesterol, insomnia, menopause, osteoporosis, and many other common health concerns

This practical guide summarizes the most common health concerns and symptoms and gives readers simple real food nutrition remedies and preventive measures from both Western and Eastern perspectives.

>>> A Rare and Powerful combination of Western and Eastern nutrition strategies that will put you in the driver's seat to optimize your health

Praise from Health Experts...

"A straight-forward, information-packed nutrition guide that is easily accessible by anyone. It is highly recommended for anyone hoping to better their health through positive nutritional improvements."

- Craig Kelly, MSAOM, L.Ac., co-owner of Dynamic Balance Wellness, LLC

"Anyone can pick up the Real Food Therapy Guide and in a few minutes understand more than they had previously about their condition(s) and have some simple and effective nutritional strategies for coping. I would heartily recommend it to anyone who wants to broaden their understanding of the interaction between food and nutrients and prevention of illness and promotion of good overall health."

- Dr. Jennifer Veit (DC, CCSP®)

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