



Food That Grows: A Practical Guide To Healthy Living With Whole Food Recipes

By Marshall ND, Sarah; Cook ND, Tanda

Clearwater Kitchens, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!
Summary: Food That Grows bridges the gap from the farm to your table with simple, easy recipes to add health to your family and your life. It is the culmination of sixteen years of study, sixty-two years of collective experience, and a million years of evolution all combining together as your personal guide to health and healing. At the most basic, molecular level, we are literally what we eat. We cannot be any other. And so we invite you to embark on a great journey of exploration of what is in your refrigerator, on your plate, and thus in your body. You will discover that this story is about so much more than simply food- it is about being nourished from the inside out free of illness living a healthy life you love! Drs. Sarah Marshall and Tanda Cook are both Naturopathic Doctors, experts in restoring health, preventing disease and using food as medicine. They have been avid cooks and foodies for their entire lives and have spent most of the past decade eating an entirely whole food (i.e. no processed food) gluten and dairy free...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**