



The Self-Healing Cookbook: Whole Foods to Balance Body, Mind & Moods

Kristina Turner

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Description Playful, user-friendly macrobiotic cookbook. "Fun, self-help books like yours can change societies!" - Patch Adams, M.D. Classic guide includes Self-Healer's Workbook, guidelines to prevent illness, outwit sugar, choose foods to balance moods and nourish growing kids. Connects personal food choices with planetary healing. Over 130 low-fat, dairy-free recipes.

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